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ISSUE 156 • JULY 2004 • FREE

Lust

Low carbs

Italian organics

Rupert Sheldrake

Fahrenheit 9/11 Moore vs Bush

so ya bean looking for…

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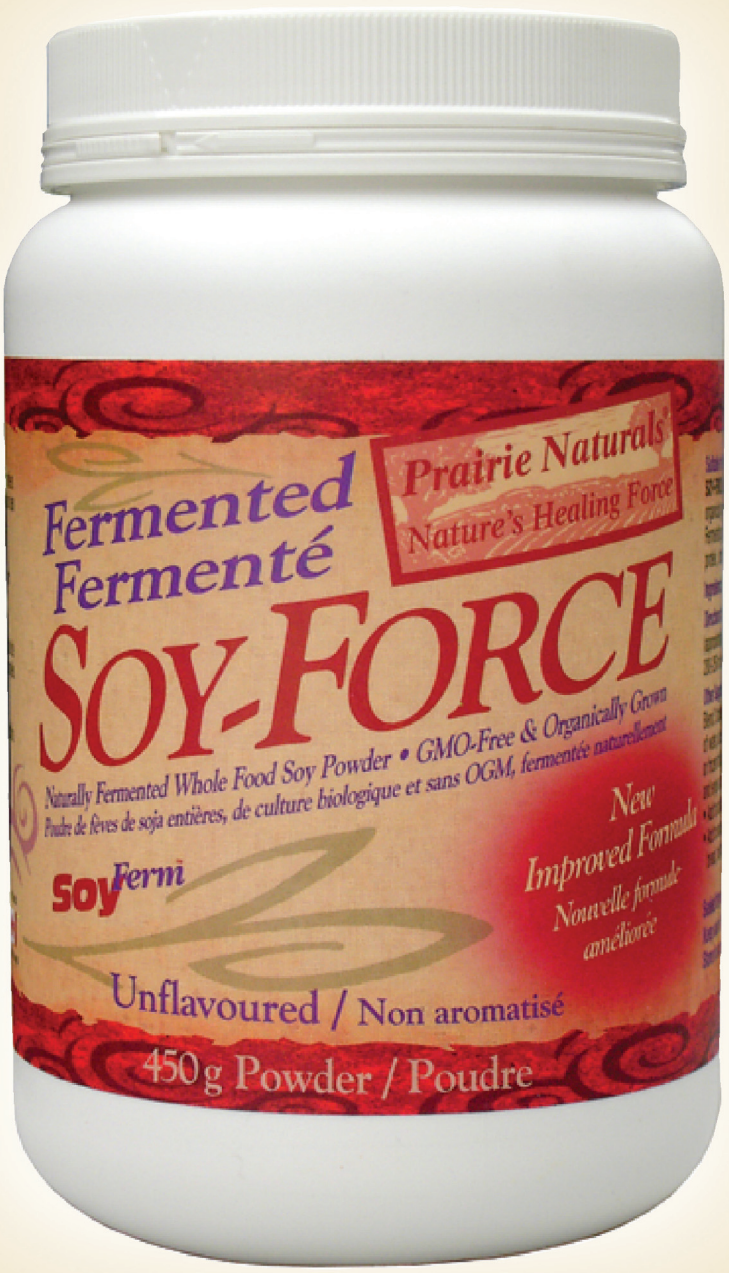

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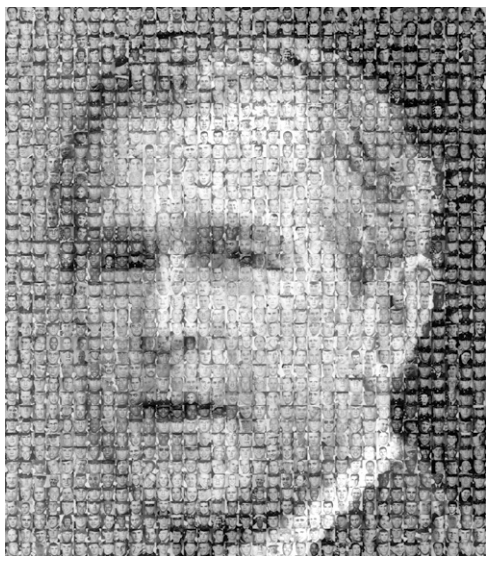
About the cover

[Editor's note: American anti-war activist Joe Wezorek produced the stark mosaic image of President George W. Bush from photos of servicemen and women killed while serving with US-led coalition forces in Iraq. The picture *War President* appears on Mr Wezorek's website, and has been mirrored on numerous other internet sites, including photomatt.net.]

On War President

by Joe Wezorek

Given this image's inflammatory nature, I posted it with a great deal of trepidation. I had a hard time deciding if it was the right thing to do, and I am still not sure. No, I didn't have the consent of the families of those pictured, and I apologize for any additional pain that this image causes them. That said, I must say that it is my belief that one distinguishing characteristic between art and other forms of speech is that art takes risks, and if we, as a society, value art, we must allow it more leeway than other modes of expression to incite or offend. *War President* is meant to be a satirical commentary, informed by the whole project of using the dead as political props. I'm not making a dime off the image, and never will attempt to do so. Given this lack of financial—or other crass—motive, other recent instances of the politicization of the dead strike me as more morally questionable: the coffins of the victims of 9/11 showing up in a political advertisement, the continued suppression of images of the funerals of those lost in Iraq from the mainstream American media, and images of the 9/11 disaster in a campaign ad. A certain party stands to benefit greatly from all three of these instances of politicization. I'd also like to point out that *War President* is an image. It is not a textual statement or rhetorical argument. An image is like an empty room, and any message that one reads in that room necessarily came in the baggage one carried when one walked in the door. If I made a mosaic of George Washington composed of images of the American dead from the revolution, would viewers likely take that image as an indictment of Washington? I submit that they would not. It would be viewed as a monument to the dead and a celebration of a great leader—a somewhat maudlin monument maybe, but surely not offensive. The fact that *War President* is not viewed in such a manner is not due to any intrinsic property of War President, but lies somewhere else.



The following comments about the image were posted on various blogs:

Art is art and should not have to justify itself. What the viewer brings to the experience always colors the experience. In the tradition of the best of art, your image is neither didactic nor easily interpreted. As a veteran myself, I find the images of my fellow servicemen and women to be both poignant and a tribute to their willingness to serve. What wartime leader would not acknowledge that their "image" is truly built on those that serve at the frontlines? I congratulate you on creating an image whose meaning and motive is not simply discerned, unlike the subject of that image.
The Limerick Savant

I wonder how Bush supporters would view this image . . . people who try to make others feel bad for "not supporting the troops" while they support the person who is (indirectly) killing the troops. I had an idea of a T-shirt with all the American victims of Bush's war to wear around election time. Regardless, this image makes me sick to my stomach, which is exactly what it should do. Great job. If you have a problem with Joe's art, it's probably because, deep inside, you have a problem with Bush's policy. Art's meaning is in the eye of the beholder. Maybe it's time you neocons look inside yourselves and come to terms with those feelings. Thanks.
Joe Magnolia

I just watched *We Were Soldiers* last night as a reminder of what it means to sacrifice yourself on the altar of a politician's lies. When I went to michaelmoore.com today and saw that mosaic, I cried. I cried for my brothers-in-arms who have given everything they had—and shattered their families lives—for this foolish president's personal vendetta. I hope that image remains burned into the minds of everyone who sees it as a reminder of why we have to remove this fool from office in November. Thank you for creating that image Joe. As a veteran, I'd like to thank you for taking the time to create that stirring image and having the courage to post it. And I also like the way that so many of the posters here seem to be reading their own fears into it.
Jason

Every time I see a photo or video of Bush, I shudder and wish he never existed, and every time I see p/v of dead or wounded American soldiers and Iraqis, I think of how they would all still be alive today if Bush had never existed. Between Joe's art and the events occurring this week in Iraq, I am angrier than I've ever been since the Supreme Court handed GWB his early Christmas gift in 2000. Thanks a lot, Joe, for raising my blood pressure and making me even less fun to be around. If that's what you intended, then you've been a success. Let's hope you have the same effect on enough people so that we overcome our self-defeating liberal elitism and send Bush back to his ranch to slaughter his farm animals rather than our, and Iraq's, young men and women.
Mike

The true face of pre-emptive war... Joe, thank you for your honesty... ...and courage.
Josh Pollock

After learning that AOL has blocked this powerful image from being sent via email, I decided to add it to my Web site (with full credit and links to this site, of course). I'm a Vietnam veteran and this image has profoundly affected me. Thank you for your very clear statement about the cost of war. I am deeply moved by your work.
Lorenzo

When young men and women join the military (a wholly voluntary action these days), they do know that they may be sent to kill, and possibly be killed. That means they entrust us, the American people, to elect leaders who will hold their lives as a sacred trust, who will never put them in harm's way lightly, who will exhaust all other possibilities before starting wars, and who will go to war only when our cause is just. Bush has betrayed that trust. This war is unjust. This war is inexcusable. This war is based upon lies and lies and lies. The lives lost in this war—American, Allies, and Iraqi—are irre-

continued on page 14

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Challenging covers

Last month's cover combined Shiva with the Catholic concept of the seven deadly sins (spins). While the image was appreciated by most, a few people were offended or confused. Admittedly, more explanation would have been helpful. June's cover and Gluttony article signaled the launch of a 12-part series, where Geoff Olson's wit would reveal how the seven sins has been spun into motivating principles of consumerism. The series continues with Lust.

This July's *War President* photo collage cover may be more challenging than last. It was for me. So in this magazine, you will find information explaining the artist's intent and comments from viewers. Last month's cover showed Shiva as the destroyer of illusions dancing on the dwarf of ignorance; the seven deadly sins are such illusions. This edition's cover may also serve that purpose.

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H.A.N.S.

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WELL MR. PRESIDENT, YOU HAVE A CHOICE BETWEEN IRAN, COLOMBIA, OR VENEZUELA. THEY ALL HAVE OIL!
I'D RATHER COOK RICHARD CLARKE FIRST...
PROPANE
ASN'T BUILT IN A DAY

SECOND IN A SERIES

Lust

Story and illustrations by Geoff Olson

Greed drives the desire for profit at any cost. Envy is a mainstay of the fashion industry, and marketing as a whole. Anger is subtly exploited in the Army of One fantasies of video games and recruitment advertisements. Pride fuels the "high self-esteem" bandwagon. In the era of hypercapitalism, these and most of the other so-called deadly sins have been rehabilitated by the market as positive, even praiseworthy, states of mind. "Sin" has been spun. Hence, what I call The Deadly Spins.

"Give me chastity and continence, but not just yet." - St. Augustine

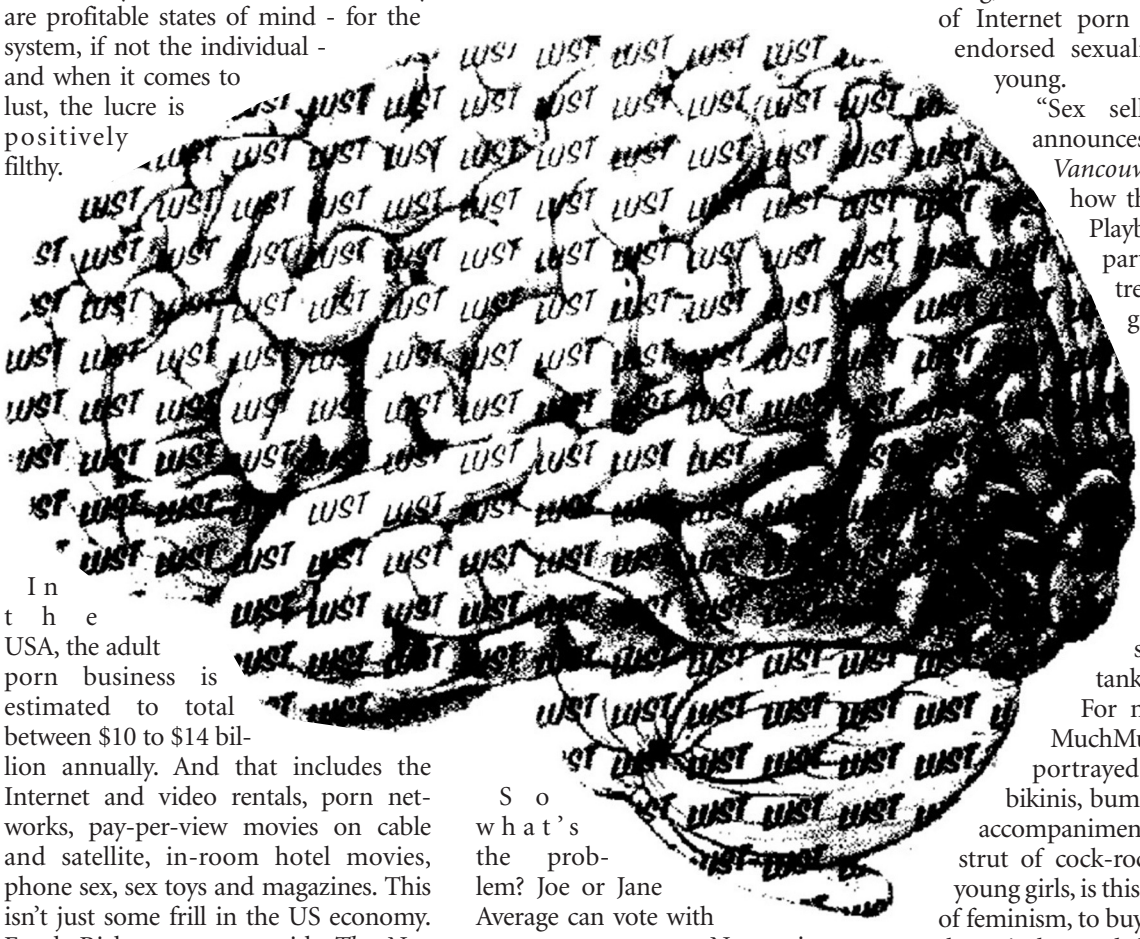
I'm at the Vancouver Trade and Convention Centre for *The Everything to Do About Sex Show*, an annual sales celebration of tab A into slot B. You could also describe the scene as HottieLand. Most of those in attendance, including the salesunits in the booths, are buffed, bronzed, aerobicized, inflated, molded or otherwise modified into Aryan ideals of beauty. (Well, not quite everyone. Over at one stage, a heavy-set dominatrix busts a half-hearted move to a techno beat, while parading around a scrawny leatherboy on a leash.)

I don't see too many smiling faces among the browsers; there appears to be a certain grim determination in the buying and selling of pleasure here. The pneumatic consumers inspecting the lotions, lubricants, videos, vibrators, sex tour brochures, balms, beads, bondage gear and buttplugs might as well be Puritans down at the general store, examining the latest thing in stockades and horsewhips.

It's been a long, strange journey for lust, from the catacombs of the early Christian era to the convention centres of the cosmopolitan present.

From the standpoint of the early church, there were compelling reasons to include lust among the seven deadly sins. Clearly, such thoughts and feelings took one's mind off Higher Things. And not incidentally, policing human behaviour through guilt and repression turned out to be a powerful means to herd the sheeple. In the place of lust and the pursuit of its quarry, the faithful were promised an afterlife in Heaven - the ultimate cosmic carrot (the stick being Hell). Not that lust among the laity was entirely a bad thing from the clergy's point of view. The sins of the flesh always kept 'em coming back for more confession.

The demonization of lust has arguably taken a huge toll in human happiness - and ironically, repression may have also fueled the technical progress in the West. Centuries of policing eros may well have redirected its energies into commerce, the arts, and sciences. And sexual shame certainly never held back the erections on Cape Canaveral and the New York skyline. But times change. Lust has been subject to the same cultural currents that have effected gluttony, sloth, greed and the other so-called deadly sins. All have been spun into desires promoted and valorized by the consumer market. They are profitable states of mind - for the system, if not the individual - and when it comes to lust, the lucre is positively filthy.



In the USA, the adult porn business is estimated to total between $10 to $14 billion annually. And that includes the Internet and video rentals, porn networks, pay-per-view movies on cable and satellite, in-room hotel movies, phone sex, sex toys and magazines. This isn't just some frill in the US economy. Frank Rich, a reporter with *The New York Times*, puts it succinctly: "Pornography is a bigger business than professional football, basketball and baseball put together." People pay more money for pornography in the US in a year than they do on movie tickets, more than they do on all the performing arts combined.

And adult porn, in fits and starts, with advances and occasional retreats, is going mainstream. In 200I, Bell ExpressVu, the Canadian direct-to-home satellite TV service, shut down two of its adult film channels, True Blue and Extasy. The decision to pull the plug came as a preemptive strike against possible federal regulatory investigations, following a broadcast on CBC's *Fifth Estate* on the content of the cable companies' porn shows.

These weren't shows with your average plumber-meets-housewife plotline. Bell ExpressVu was offering rape and bondage scenes as standard fare. Somehow this material escaped the attention of the CRTC, which perhaps was too busy policing Howard Stern's use of the "F" word. Or maybe the regulators looked the other way because of the size of the players in the Canadian porn game. The conglomerate BCE Inc. owns Bell Canada, the CTV television network and The Globe and Mail - and Bell ExpressVu. The latter's porn fare originated from US-based New Frontier Media, North America's leader in the distribution of hardcore pornography. The company trades on Nasdaq.

The *Fifth Estate* report indicated other corporate behemoths, such as General Motors, AT&T, and Time Warner, that have been "seduced"in the past by trafficking in hardcore porn through their subsidiaries.

So what's the problem? Joe or Jane Average can vote with a remote or a mouse. No one is forced to watch any of this stuff. The argument is convincing on the face of it, but it leaves out one important variable. Children.

This leads us, naturally enough, to the topic of Britney Spears, and a performance several years back in Vancouver. The bubblegum diva is on-stage. She's doffed her duds for a bra-and-miniskirt pole dance, after which hundreds of gallons of water rain down on her from the overhead rigging. She commences to shower on-stage, and launches into her big hit, *Baby One More Time*. A reviewer from *The Georgia Straight* describes the scene:

"At the end of the song, four inflatable condom things flanking the stage slowly become erect...(with)... a couple of cannons firing arena-filling geysers into the air."

It all sounds like mindless fun, with the cannon-spunk acting in counterpoint to the teen queen's supposed celebrity-virginity of the time. But considering the lip-synching singer has a target audience largely comprised of prepubescent girls, with thousands of them present in the audience, you might wonder exactly what messages are being sent and why.

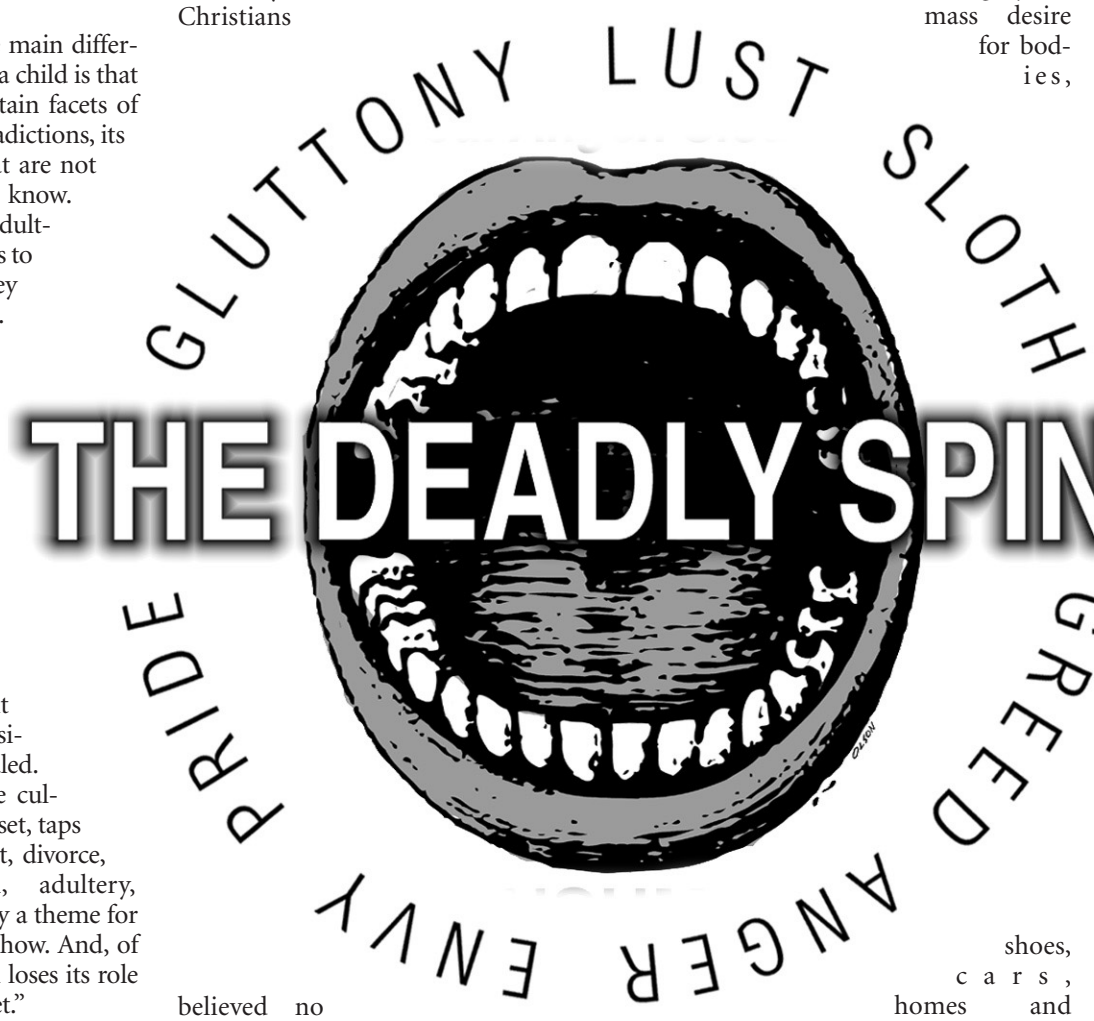
In the past 20 years, the demographics for sexually-targeted consumer markets have expanded, including the elementary school years. In fact, lust has gone so mainstream that many of us accept this sort of thing - a Gap ad with overtly erotic content, for example - as our culture's background noise. The megacorporations are as ready to push sexual imagery on kids as they are to offer stronger fare for an adult audience. This is different, and is some ways more troubling, than the straightforward problem of Internet porn - it's the market-endorsed sexualization of the very young.

"Sex sells tween fashion," announces a recent story in the *Vancouver Sun*, describing how thong underwear and Playboy Bunny logos are part of a new fashion trend aimed at young girls. Marketers pitch fashion brands with names like Porn Star, Hot Buns, and TNA. According to reporter Kerry Gold, "at a West Vancouver elementary school, it's cool for a girl to show her black bra strap underneath her tank or tube top."

For more than a decade, MuchMusic and MTV have portrayed girls in heels and bikinis, bumping and grinding in accompaniment to the bass-heavy strut of cock-rock and hip-hop. For young girls, is this the payoff of decades of feminism, to buy into the semiotics of the strip bar and the back alley? By the time the Spice Girls came around to grab the tween female market share, prepubescent girls were insisting on make-up and nail polish. "In 1998, the year the Spice Girls were at their peak, tweens spent $1.4 billion per year," according to Gold. "In 2002, the figure had gone up to $1.7 billion per year."

(When my sister went shopping for her daughter at a high-end boutique specializing in fashions for 8-12 year olds, she was dismayed to discover padded bras in the store. She indicated to the staff this was inappropriate for children, and the what's-your-problem-lady response from a clerk speaks volumes: "well, the kids seem to like them!")

THE DEADLY SPINS



Marketers have found an Eldorado in barely formed libidos, and not incidentally, studies indicate kids are having sex at younger ages, and music, television and fashion are implicated in the trend.

In his book *The Disappearance of Childhood,* sociologist Neil Postman points out that the free and easy commodification of desire - not just in advertising. but in cable programming and prime time shows - erases an important distinction between the universe of the child and the adult:

"One might say that the main difference between an adult and a child is that the adult knows about certain facets of life - its mysteries, its contradictions, its violence, its tragedies - that are not considered for children to know. As children move toward adulthood, we reveal these secrets to them in ways we believe they are prepared to manage. That is why there is such a thing as children's literature." Postman writes that television, with its round-the-clock programming, makes this arrangement impossible. "Television requires a constant supply of novel and interesting information to hold its audience," he adds.

"This means that all adult secrets - social, sexual, physical and the like - are revealed. Television forces the entire culture to come out of the closet, taps every existing taboo. Incest, divorce, promiscuity, corruption, adultery, sadism - each is now merely a theme for one or another television show. And, of course, in the process, each loses its role as an exclusively adult secret."

The Disappearance of Childhood was published in 1982. Postman told me before his death last year that of all his books, he believes this one has held up the best. He's right: the thesis of this work is more relevant now than when it was first published. Given the cultural trajectory since its publication, what does this bode for the future? "You won't believe how bad television is going to be in 10 years," said poet Robert Bly in an interview with writer Michael Ventura. "You're literally going to have to protect your children from it."

Given the cultural Chernobyl we seem to be up against, we might wonder how much we have gained over the repressive climate of earlier generations. Long before there was a global media to both connect and divide us all, the early Christians believed no soul existed in isolation: there was some connection to a divine ground of being. Yes, the flesh was a source of shame, but such cultural conditioning emerged partly because the body was - even more then than now - the vector for communicable illnesses and unwanted births. And in spite of the perverse view the church took of lust over the centuries, with all the campfire tales of hairy palms and soul-sapping succubi, there may be things more damaging to the self and society than the belief in a pathologically uptight father figure in the heavens. Today's sexual freedom may seem infinitely preferable to the psychological self-abuse of religious-based repression. But are we willing to pay for this freedom in the currency of childhood?

The imagery of mass desire for bodies, shoes, cars, homes and lifestyles, comes with a poison pill. It is the toxin of isolation-through-desire; we are little more than the sum of our wants and needs, we are told, which can only be satisfied through participating in the market. The ideal consumer is the one alone in the dark in front of a movie screen, television or computer monitor - watching, paying, ordering - and suspended in a purgatory of market-driven desire.

The central dogma of the unregulated, free market is as false as silicone breasts, though its specifics are rarely expressed outright. It is the idea that a hole inside one's soul can be sutured through a financial transaction, and that the only rituals left of any importance involve buying or selling. Most adults have intellectual and emotional barriers to this bright and shining lie. But a child has none.

So where does that leave us? In a position of greater responsibility, which many parents now recognize. The number of homes without televisions is growing, as families learn that having the one-eyed glowing box as babysitter is less a welcome distraction than a devil's deal. Marketers may up the ante in an attempt to grab mindshare, but I suspect the response will be somewhere between voting with the remote and a Keith Moon-style window-tossing of the tube. Protecting children from other areas of the market, including trends among their own peers, may prove to be a more difficult task.

Meanwhile, back at the Vancouver Trade and Convention Centre, the scene has a certain Dante's *Inferno* feel to it. My friends are in agreement; its time to go. With some brochures in hand, we stumble back out into the cool night air, feeling vaguely creeped out by the adult vision of sexual liberation. Perhaps it was the joyless looks among the buffed and bronzed that did it. Wasn't the brave new world of guilt-free eroticism supposed to be more fun than this? Does the glum slumming among dildos hint at the logical absurdity of marketing lust, with sexual ecstasy reduced to exchange relations between human widgets?

Vancouver writer and political cartoonist Geoff Olson can be reached at gefo@telus.net

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The extended mind's sense of being stared at

An interview with Rupert Sheldrake

by Geoff Olson and Joseph Roberts

According to British biologist and author Rupert Sheldrake, our minds extend far beyond our brains and our bodies. In his most recent book, *The Sense Of Being Stared At: And Other Aspects Of the Extended Mind*, he goes beyond anecdotal evidence to laboratory evidence for psychic phenomenon. Psi, as it is sometimes called, is a widespread phenomenon in the animal kingdom according to Sheldrake, who authored the bestseller *Dogs That Know When Their Owners Are Coming Home: And Other Unexplained Powers Of Animals*. He posits that mental fields project outside our local space/time and connect us to a collective memory through what the soft-spoken thinker calls "morphic resonance."

Sheldrake earned a PhD in biochemistry at Cambridge in 1967 and was a fellow of Clare College, Cambridge, where he was director of studies in biochemistry and cell biology until 1973. As a research fellow of the Royal Society, he carried out research on the development of plants and the ageing of cells. The following interview took place last June on Cortes Island, during Sheldrake's 2003 visit to BC.

~

Geoff Olson: What in your life indicated the traditional paradigm of physics was incomplete? Was it more of an intellectual thing, or was there a moment in your personal life that gave you this feeling?

Rupert Sheldrake: I felt there was a gap between what science was teaching and what I was really interested in about animals and I studied biology because I really liked animals. One of the things that fascinated me as a child for example, was homing pigeons. How did they do it? I used to keep pigeons, I used to take my pigeon away from home and let it go and come back. So I was always very intrigued by these things.

As I studied biology in school and university I found the things that fascinated me weren't addressed and weren't on the agenda. Instead, the testing we did with the animals we were studying was to kill them and then cut them up and extract enzymes.

As an undergraduate and I read about the work of Goethe, the German poet and botanist, who raised the possibility of a holistic science. Before that I thought science had to be done a certain way. It's a shame, but that's the way past science used to be. Then I had this insight that another kind of science was possible; that was an important intellectual revelation. It was based on an emotional feeling, a feeling of incompleteness about the way that biology was done, that it actually violated the very essence of life, because nearly everything we studied was killed first.

When I started doing research in developmental biology, I realized that the present mechanistic system isn't likely to come up with the answers. Travelling, particularly in Asia, showed me that normal ways of looking at things are very culturally conditioned; it's possible to look at the world in a very different way. So it was a gradual realization over the years, a combination of emotional responses, intellectual insights and exposure to other cultures.

Joseph Roberts: Do you have an interest in music?

RS: I've played the piano since I was about five years old. My father was keen on the flute and piano. My grandfather was a church organist and my uncle was a church organist, so I grew up in a musical family. My mother played the piano. So I played classical piano, and I sang in choirs. Music is an important part of my life. Now my kids are keen on music and they do something I can't do, which is play jazz piano. So it is an important way to counterbalance intellectual endeavours. When I want a change from thinking about things, I just go and play the piano. It's a completely different activity, very relaxing.

Rupert Sheldrake

JR: Would you encourage people to reframe how they look at the world?

RS: What's happening in our culture is that we have a tremendously deep division between the intellectual theory of the world provided by enlightenment and rationalist science, which most educated people have been brought up to believe in, and our own direct, immediate experience. Most people have telepathic experiences with telephone calls from friends and family, and many people have animals that seemed to read their thoughts. Our present system rejects all that, and saying it's make-believe, or not scientific, and so we're forced to deny a lot of our experience.

And another split in the present culture encourages a mechanistic, bottom-line approach to life from Monday to Friday. And then the reason people want to make a lot of money, often by exploiting nature, is so they can buy a little place in the country - or preferably, a big place in the country - to get away from it all. On weekends and on holidays, people want to get back to nature in the car. So our culture is based on exploiting and destroying nature only with regard to profit. So it's not that there's one lot of people who love nature, and cherish it, and there's another lot who hate it, who just want to exploit or destroy it. They are the same people, just on different days of the week. These are examples of the splits that come about through this mechanistic view of nature. So I think if we can have a more holistic view of life, nature and the mind, then we will be able to reduce the splits that exist.

JR: One example of this split is the culture of cottage life; There are magazines and TV channels promoting this cottage life where you go to really enjoy yourself, if you're lucky, two weeks out of the year.

RS: Or when you retire. No, this is a big thing everywhere in the western world, urban, modern, high-tech civilization. If you scratch the surface of many people in it, what they really want, or say they really want, is to live in a remote rural place and be closer to nature.

The whole culture is split; there's the mechanistic, rationalistic side, especially from the 18th century onwards, but even in the late 18th century, there was a reaction against it in the Romantic movement, a kind of back to nature movement. And both of these are features of Western civilization. It's not as if there is one lot of people who are romantics and another lot more sort of mechanistic. Most people have two sides, a rationalist side and a romantic side. The rationalist side is the public side that comes out at work and in public. The romantic side has to do with one's cottage life and weekends, one's gardens, one's pets, one's friends, one's family, it's the private life. And I think the split is very damaging, because it prevents us from integrating our lives.

GO: In your Hollyhock seminar, you used an interesting quote about skepticism and belief.

RS: A 19th century psychologist, said he had to tread a middle path between what he called the scornfully skeptical and the eagerly credulous.

I don't actually find that's so much the problem as the division between people who take these things for granted because they have experienced them, and the people who say they're impossible.

Often there's a division within individual people. There's a part of many people who know these things happen because of their experience, but people with a university education feel they are duty bound to deny they exist. So they have to pretend it's just a coincidence or something. So there is a split within the culture about these things.

GO: I was reading your conversations with Terence McKenna and Ralph Abraham, and have the impression that you were, and presumably still are, a mystic as much as a scientist. I also get the impression those two things aren't necessarily incompatible.

RS: Well, I think mysticism has to do with direct, conscious experience of a sense of unity; connection with nature, connection with the others, connection with the universe, connection with God. I've had such experiences, and these lie at the root of all spiritual experience, and indeed lie at the root of all religions. I know that Terence and Ralph had such experiences. Part of the challenge is to see how one can relate that to intellectual endeavour in general and science in particular. There isn't actually a conflict, a great many scientists have been mystically inclined; Einstein was, Newton was. A lot of scientists have this mystical side. They often keep it quiet until they've won the Nobel Prize or until they're retired. It is a factor in many great scientists, that they are impressed by the unity of nature, and I think the sense of a unitary principal is definitely related to the mystical experience. Now there are a lot of scientists who are more concerned with the nuts and bolts or just getting on with the job, and finding out more details. But I think quite a number of scientists have a strongly developed mystical side, and don't see it as contradictory to science.

JR: You mentioned William Blake in your discussion. Where do you place him?

RS: "Happiness is to see the world in a grain of sand, and Heaven in a wild flower, to hold infinity in the palm of your hand, and eternity in a single hour." Blake was taking a mystical view. He was talking about that perception you can have when you're in the present, where everything in the universe is somehow interconnected and reflects the whole universe - where a grain of sand has something in it that connects it to everything else. There's a sense of the dilation of time. So there's a fullness in the present, that is not just distracted by memories of the past or plans for the future. There's a tremendous rich fullness in the present moment.

Sheldrake's book, The Sense Of Being Stared At*, is now in paperback. He will be offering a seminar called* Fields Of the Mind: Telepathy and Intuition*, from July 29 - August 1, at Hollyhock on Cortes Is. 800 933-6339 www.hollyhock.bc.ca*

Newsbites

www.commonground.ca

Practising Democracy wins two Jessie Awards

Practising Democracy was honoured by the Vancouver professional theatre community with two awards in the small theatre category at the Jessie Richardson Theatre Awards on June 14.

The first was for significant artistic achievement for demonstrating the power of theatre in the community. The second was for outstanding production, a breakthrough moment. For a Forum Theatre play created and performed by people living with chronic poverty to be recognized this way by the professional community is very important for community-based art.

The Vancouver city manager has announced that responses to policy suggestions from *Practising Democracy* will be released some time in July.

Stun guns to target crowds

According to British magazine *New Scientist*, weapons that can incapacitate crowds of people by sweeping a lightning-like beam of electricity across them are being readied for sale to military and police forces in the US and Europe.

At present, commercial stun guns target one person at a time, and work only at close quarters. The new breed of non-lethal weapons can be used on many people at once and operate over far greater distances. But human rights groups are appalled by the fact that no independent safety tests have been carried out, and by their potential for indiscriminate use.

The advent of wireless stun weapons has horrified human rights groups. Robin Coupland of the Red Cross says they risk becoming a new instrument of torture. www.newscientist.com/news/print.jsp?id=ns99996014

A viable future for all species

Most environmental projects today seek to prevent and/or limit the destruction of species and nature generally. However, to create a truly viable future, both for humanity and all the other species we share the planet with, we also need to heal the damage which has already been done. The restoration of degraded ecosystems has to become a priority activity for all of humanity in this century.

Drawing on his 15 years of practical experience in helping to restore Scotland's Caledonian Forest, Alan Watson Featherstone founded Restore the Earth, a UN-sponsored project to promote the ecological restoration of the planet's ecosystems. Speaking in Vancouver on July 24, Alan will show what can be achieved when people work with nature, rather than against her. He will also highlight the folly of destroying ancient forests as is still happening in BC today and will present an inspiring and empowering vision of a new human culture which has as its goal the restoration of the Earth.

To learn more about ecological restoration and to meet one very special individual who has dedicated his life to restoring the Earth, attend his talk and slide show on July 24. This presentation is a joint fundraiser for Trees For Life and The Land Conservancy of BC. Founded in 1997, TLC is a non-profit, charitable land trust working throughout BC. TLC protects important habitat for plants, animals and natural communities as well as properties with historical, cultural, scientific, scenic or compatible recreational value. Vancouver talk 604 733-2313 www.conservancy.bc.ca

GMO UPDATE

EU refuses transgenic canola

Resistance to GM continues to grow worldwide with all 25 countries of the EU refusing last month to approve as a crop a transgenic Monsanto oilseed rape (canola), while in the US there is growing resentment at how companies that are anti-labeling have robbed people of the right to know what they're eating. The EU result was closely watched by the US government, which has started a trade dispute over GMOs at the World Trade Organization.

One unfortunate consequence is that the industry is increasingly targeting Africa as its new frontier, with unprecedented assistance from the US government. Both are relentlessly pressurizing reluctant governments under the guise of helping the continent increase its food productivity. Hunger and malnutrition in Africa and Asia are not caused by a lack of agricultural technology, but by a widespread lack of access to land and productive resources.

weapons that can incapacitate crowds of people by sweeping a lightning-like beam of electricity across them are being readied for sale

Needless to say, as well as getting money from the Rockefeller Foundation AATF gets money from USAID. It also receives support from major agbiotech corporations, including Monsanto, Dupont, Dow Agro Sciences and Syngenta.www.gmwatch.org

USDA creates fellowships after nations refuse GM foods

After several African nations refused shipments of US GM maize (corn), the US Department of Agriculture announced a new fellowship, designed to bring junior and mid-ranking scientists and policymakers from African, Asian and Latin American countries to the US to learn from their US counterparts.

But there is "absolutely no connection" between the countries' stance toward GM foods and the fellowship program, Jocelyn Brown, the USDA's assistant deputy administrator of international cooperation and development, told *The Scientist.*

Non-GMOs available for Angola

The coordinator of the National Centre for Phytogenetics Resources (CNRF), Elizabeth Matus, affirmed that the World Food Program can acquire natural products from Southern African Development Community countries instead of GM foods.

According to Mrs Matus, last year, the World Food Program acquired maize from Zimbabwe and South Africa for countries that refuse GM foods and it can also do so for Angola, instead of bringing food from the US. This contradicts earlier claims by the WFP that countries MUST accept GM food. www.gmwatch.org/archive2.asp?arcid=3823

South African churches ask for moratorium

The South African Council of Churches has issued a powerful statement calling for the government to admit that GM is a high-risk technology and to impose a moratorium on further permits being granted for GMOs in South Africa. The statement affirms "Our conviction that there is sufficient food for all our people, but the problem remains inequitable access to and maldistribution of food." www.gmwatch.org/archive2.asp?arcid=3797

FAO accused of pushing GM

Through an open letter delivered on June 16 in Rome, hundreds of organizations from across the world denounced the recent report by the UN's Food and Agricultural Organization as a disgraceful public relations tool for the GM industry.

The FAO report on agricultural biotechnology and meeting the needs of the poor, was presented on May 17. In the space of a few weeks more than 650 civil society organizations and 800 individuals from 120 countries drafted and supported an open letter, which strongly condemns its bias against the poor, against the environment and against food production in general. Among them are many peasant organizations, social

continued on page 31

ADVERTISING FEATURE

Woman Turns Herbal Skin Cream Into Big Business

By Bill Kennedy

Her name is Mary Rostoplasc. She represents the fourth generation of skin care in her family. By the age of 9, she observed her mother and grandmother had made a mistake in a preparation. They ignored Mary's observation and two hours later, the entire batch of cream spoiled. They hugged her and congratulated. At the age of 14, Mary formulated creams for rosacea and psoriasis. Her parents tested the creams and when then proved to be effective; her proud father rewarded her with a motorbike. Following her parents example, Mary has since devoted her life's work to the creation of unique herbal skincare products. When she arrived in Canada from Romania, Mary decided to trust her knowledge, talent and God's help and started her company.

She couldn't speak English, had no help and no money. She started to advertise free facials during which she would demonstrate her knowledge and products. Mary's clients immediately notice the improvement seen in their skin complexion with the use of her products.

In the 1990s, she opened a retail store. In that same year, the Toronto Sun, the Toronto Star, The Globe and Mail and Chatelaine magazine published an article about her knowledge and products. Her clientele multiplied quickly; for example she has helped over 6,000 people who suffered from rosacea and acne. She has over 1,000 testimonials from her very happy clients. Mary also has miracle creams for wrinkles and hands. These creams are 100% organic and contain no water, perfumes or preservatives. Mary has developed herbs, vitamins, fruit and bark products for hair loss, dry skin, eczema and psoriasis. She also has a cream for aftershave, after wax & electrolysis; this cream will completely prevent irritation and bleeding.

You do not need to spend money for expensive eye cream because Mary's cream night and day can be applied around the eyes, eyelids. If you have a beauty or esthetics salon, distributorships are available across Canada, please inquire.

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Cover wars

Climate change, political change, or both

by Joseph Roberts

How do you choose a magazine cover? Striking the balance between visual impact and the desire to keep readers informed is crucial. In choosing this month's cover, among the many issues currently demanding attention, two nexuses emerged. One was climate change. The second, political deceit. In a strange way, both of these issues feed upon each other. When the government waffles, represses information, or tells blatant lies about our changing climate, the problems get worse. And when forests are clear-cut, there goes the weather. The effects of greed are starkly evident in the actions of our politicians and on our beleaguered planet.

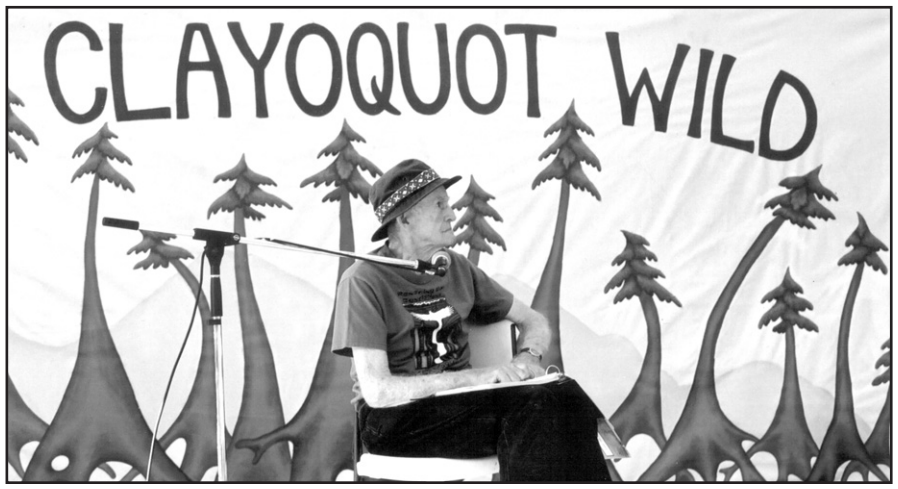
My choice of a cover was influenced by what I feel may arguably be the most important months in our lives, the days leading up to the battle of the century to see who will run the Empire. No, I am not talking about our own election, whose victors will have emerged before you hold this magazine in your hands, but rather the battle of the titans that will decide who rules the world. The Earth will survive, but I am not sure about its people. As a member of the human race, and someone who loves this planet, I think it is imperative that we educate ourselves before the coming political upheaval. I strongly encourage you to read relevant material (see end of article), attend workshops, surf the net, network with people, and discuss with your friends what is really going down.

This month's powerful image came out of left field. It was conceived of by Joe Wezorek, one curious soul who wished to make a statement against the current insanity and deceit of the current war, that in Orwellian terms, is a war without end, against an enemy we can't see, in a society where questioning authority is criminalized.

Mainstream media could, in fact, be renamed mainriver media because it keeps conglomerating and getting bigger. The small streams of radio, newspapers, television, entertainment, and internet have converged into a raging, incessant river, flooding its banks (with money). So in this bizarre, matrixized epoch, it is healthy to change channels in mid-mainstream. Thinking for ourselves has never been more difficult or more important than right now. Where do we start? Right here, finding common ground. Because facing the truth, no matter how disillusioning, is necessary. If we don't exercise our freedom to speak out and express ourselves, we will pay dearly with our education and health care budgets stripped to pay for ongoing wars against "The Enemy."

My comments were inspired by Michael Moore's new film *Fahrenheit 9/11*, a film that absolutely must be seen. You might remember that in Ray Bradbury's novel, *Fahrenheit 451* is the temperature at which books start to burn; In Moore's film, *Fahrenheit 9/11* alludes to the date when our personal freedoms went up in smoke.

Right now, all over the world, people are organizing *Fahrenheit 9/11* parties. After seeing the film together, groups of people are meeting in homes or cafes to discuss the issues and celebrate their freedom. Use it or lose it. Get healthy, get strong, get informed, and get going. We need each other. Remind yourself and your friends that love is still the most important state. Because as Martin Sheen, who portrays the president in the TV show *West Wing* said, "No matter how powerful George Bush is, he don't run the universe." Be wise my friends as things are heating up. Always know which way the wind is blowing.



Tofino: Merv Wilkinson, sustainable forester, at 10th anniversary celebration of Clayoquot mass arrests and trial - protecting our forests from clearcutting and the Earth from climate change.

Vancouver: Millions of people around the world gathered at anti-war rallies, walking for peace and justice before Iraq was invaded by Bush and Blair.

Suggested reading:

Rebuilding America's Defenses: Strategies, Forces and Resources for a New Century, a blueprint for running the world written in September 2000 by the neo-conservative think-tank Project for the New American Century (PNAC).

Coup D'etat: The Real Reason Tenet and Pavitt Resigned from the CIA on June 3rd and 4th—Bush, Cheney Indictments in Plame Case Looming article by Michael Ruppert.

Other Resources:

www.moveon.org
www.theonion.com

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You need nature; it needs you

by Eckhart Tolle

We depend on nature not only for our physical survival. We also need nature to show us the way home, the way out of the prison of our own minds. We got lost in doing, thinking, remembering, anticipating - lost in a maze of complexity and a world of problems.

We have forgotten what rocks, plants, and animals still know. We have forgotten how to be - to be still, to be ourselves, to be where life is: Here and Now.

~

Whenever you bring your attention to anything natural, anything that has come into existence without human intervention, you step out of the prison of conceptualized thinking and, to some extent, participate in the state of connectedness with Being in which everything natural still exists.

To bring your attention to a stone, a tree, or an animal does not mean to think about it, but simply to perceive it, to hold it in your awareness.

Something of its essence then transmits itself to you. You can sense how still it is, and in doing so the same stillness arises within you. You sense how deeply it rests in Being - completely at one with what it is and where it is. In realizing this, you too come to a place of rest deep within yourself.

~

When walking or resting in nature, honor that realm by being there fully. Be still. Look. Listen. See how every animal and every plant is completely itself. Unlike humans, they have not split themselves in two. They do not live through mental images of themselves, so they do not need to be concerned with trying to protect and enhance those images. The deer is itself. The daffodil is itself.

All things in nature are not only one with themselves but also one with the totality. They haven't removed themselves from the fabric of the whole by claiming a separate existence: "me" and the rest of the universe.

The contemplation of nature can free you of that "me," the great troublemaker.

~

Bring awareness to the many subtle sounds of nature - the rustling of leaves in the wind, raindrops falling, the humming of an insect, the first birdsong at dawn. Give yourself completely to the act of listening. Beyond the sounds there is something greater: a sacredness that cannot be understood through thought.

~

You didn't create your body, nor are you able to control the body's functions. An intelligence greater than the human mind is at work. It is the same intelligence that sustains all of nature. You cannot get any closer to that intelligence than by being aware of your own inner energy field - by feeling the aliveness, the animating presence within the body.

~

The playfulness and joy of a dog, its unconditional love and readiness to celebrate life at any moment often contrast sharply with the inner state of the dog's owner - depressed, anxious, burdened by problems, lost in thought, not present in the only place and only time there is: Here and Now. One wonders: living with this person, how does the dog manage to remain so sane, so joyous?

~

When you perceive nature only through the mind, through thinking, you cannot sense its aliveness, its beingness. You see the form only and are unaware of the life within the form - the sacred mystery. Thought reduces nature to a commodity to be used in the pursuit of profit or knowledge or some other utilitarian purpose. The ancient forest becomes timber, the bird a research project, the mountain something to be mined or conquered.

When you perceive nature, let there be spaces of no thought, no mind. When you approach nature in this way, it will respond to you and participate in the evolution of human and planetary consciousness.

~

Notice how present a flower is, how surrendered to life.

~

The plant that you have in your home - have you ever truly looked at it? Have you allowed that familiar yet mysterious being we call plant to teach you its secrets? Have you noticed how deeply peaceful it is? How it is surrounded by a field of stillness? The moment you become aware of a plant's emanation of stillness and peace, that plant becomes your teacher.

~

Watch an animal, a flower, a tree, and see how it rests in Being. It is itself. It has enormous dignity, innocence, and holiness. However, for you to see that, you need to go beyond the mental habit of naming and labeling. The moment you look beyond mental labels, you feel that ineffable dimension of nature that cannot be understood by thought or perceived through the senses. It is a harmony, a sacredness that permeates not only the whole of nature but is also within you.

~

The air that you breathe is nature, as is the breathing process itself.

Bring your attention to your breathing and realize that you are not doing it. It is the breath of nature. If you had to remember to breathe, you would soon die, and if you tried to stop breathing, nature would prevail.

You reconnect with nature in the most intimate and powerful way by becoming aware of your breathing and learning to hold your attention there. This is a healing and deeply empowering thing to do. It brings about a shift in consciousness from the conceptual world of thought to the inner realm of unconditioned consciousness.

~

You need nature as your teacher to help you re-connect with Being. But not only do you need nature, it also needs you.

You are not separate from nature. We are all part of the One Life that manifests itself in countless forms throughout the universe, forms that are all completely interconnected. When you recognize the sacredness, the beauty, the incredible stillness and dignity in which a flower or a tree exists, you add something to the flower or the tree. Through your recognition, your awareness, nature too comes to know itself. It comes to know its own beauty and sacredness through you!

~

A great silent space holds all of nature in its embrace. It also holds you.

~

Only when you are still inside do you have access to the realm of stillness that rocks, plants, and animals inhabit. Only when your noisy mind subsides can you connect with nature at a deep level and go beyond the sense of separation created by excessive thinking.

Thinking is a stage in the evolution of life. Nature exists in innocent stillness that is prior to the arising of thought. The tree, the flower, the bird, the rock are unaware of their own beauty and sacredness. When human beings become still, they go beyond thought. There is an added dimension of knowing, of awareness, in the stillness that is beyond thought.

Nature can bring you to stillness. That is its gift to you. When you perceive and join with nature in the field of stillness, that field becomes permeated with your awareness. That is your gift to nature.

Through you nature becomes aware of itself. Nature has been waiting for you, as it were, for millions of years.

Excerpted from Stillness Speaks, *by Eckhart Tolle, $17 hardcover. Published by New World Library, toll free 1-800-972-6657 Ext. 52 www.newworldlibrary.com*

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Cities intensify climate problems

SCIENCE MATTERS

by David Suzuki

Living in cities, it's easy to forget about our connection to the natural world. In human-created environments, surrounded by concrete and asphalt, we often feel isolated and insular - as though we are protected from the forces of nature.

In some ways, we are more protected, but in other ways our cities can actually make us more vulnerable. Consider climate change. A recent report from the Harvard Medical School looked at how human-induced changes to the Earth's atmosphere affect the health of people living in cities. And the conclusions weren't comforting.

It turns out that all the carbon dioxide and pollutants we are pumping out through our tailpipes and smokestacks doesn't dissipate as readily as had been previously thought. In fact, much of the carbon dioxide (the primary heat-trapping gas) pretty much stays put, creating a "dome" of it over our cities.

This does two things. First, it intensifies the urban "heat-island effect" - that is, the tendency of cities to be warmer than rural areas because of all their infrastructure, pavement and lack of green space. Higher carbon dioxide concentrations add to this effect, making cities up to several degrees warmer than surrounding areas - similar to being in a crowded room with the windows closed.

In addition, the extra carbon dioxide increases plant growth - particularly for opportunistic species that thrive in cities, such as ragweed. Pollen from these plants, along with spores from fungi, are potent allergens and can exacerbate asthma. Both fungi and ragweed are expected to thrive in cities as our climate warms.

Making the situation worse is "particulate" pollution. This is the black soot that comes out of tailpipes - especially from diesel vehicles. Particulates have been known to be a problem for some time because they can clog airways and even cause lung cancer. But the Harvard researchers point out that it is a bigger problem when combined with other allergens like pollen and mould because tiny bits of particulate help deliver these allergens deep into our lungs. As the researchers say: "Air pollution will act synergistically with the allergens to further deteriorate respiratory health."

This is a big concern, particularly for children and the elderly, and it may help explain why the incidence of childhood asthma has climbed steadily in recent years. In Canada, childhood asthma rates increased from 2.5 percent in 1978 to 11.2 percent in 1995. Polluted urban areas have the highest rates of childhood asthma. One-quarter of all children living in Harlem, for example, suffer from the disease. The cost of treating childhood asthma in the US is now estimated at $3.2 billion per year.

In Canada, childhood asthma rates increased from 2.5 percent in 1978 to 11.2 percent in 1995. Polluted urban areas have the highest rates of childhood asthma. One-quarter of all children living in Harlem... suffer from the disease.

According to the Harvard paper, increased heatwaves (like the one that killed 35,000 people in Europe last summer), the spread of infectious diseases (like West Nile virus), and severe storms will further jeopardize human health in our cities as our climate warms. However, the authors also point out that many of the solutions to climate change, like improving energy and fuel efficiency, providing better transit options and creating more green spaces, all have the added benefit of making our cities more livable too.

That's something to consider when we fill up our cars at the pump. Fuel prices may seem to have skyrocketed, but gasoline is still cheaper than bottled water or milk. And burning vast amounts of it obviously harms our health and quality of life. Rather than cutting fuel taxes, we need to be focusing on finding ways to burn less gasoline. As the report concludes, "developing alternatives to fossil fuels is fundamental for the protection of public health."

Climate change may be something that we think of as happening "out there," but it's really happening right here in our back yards. The sooner we start addressing the problem, the better off we will be, because all the concrete and asphalt in the world can't keep the climate out.

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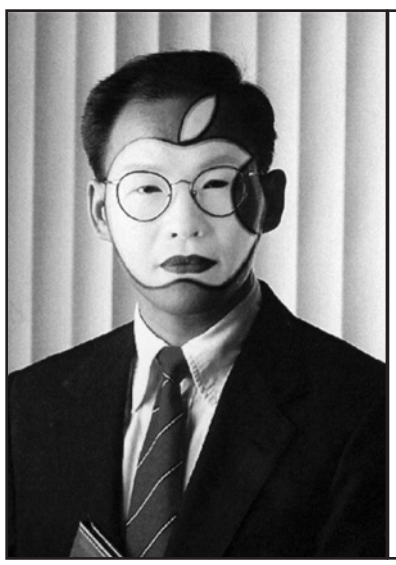
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The call of time

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by Guy Dauncey

We live in her. We co-exist with her. We cannot breathe, think, love, or do anything without her. And yet for someone so familiar, so ever present, why do we understand her so little?

I'm talking about time; the lake along which all consciousness skates; the sky within which all spirits fly.

We know that time was. We know that many years ago, a huge explosion sent gazillions of thinglings and thoughtlings soaring through space, when God became pregnant and gave birth to the universe. We know that once there were dinosaurs. We know that yesterday we had scones and butter for tea, and that somewhere in the field of memories we once had a lover who opened all our senses, turning ordinary touch into the very music of God.

But what of tomorrow? Does tomorrow's time already exist, waiting for us to enter it? Is it empty, like a bowl, until existence comes along and fills it? Is the emptiness of tomorrow's time on Earth the same as the emptiness of tomorrow's time on the other side of some far distant galaxy, where desolate moons await some touch? For surely, there is only one time, here and throughout the universe.

Let us enter a thought experiment, and lift for a moment the veil that hides time's face. Let us imagine that far from being a silent presence, time is in fact the greatest power in the universe; not just a measure of the past, or an eternal present, but a love that comes from the future.

Let us imagine that the whole universe is governed not by the present, but by the future. If you think about your daily life, leaving aside the things you do purely from habit, is it not true that everything you do is guided by the future, by the outcomes you seek to achieve? The tiniest egg, released into the womb, welcomes its lover. Through its cell division, the becoming child moves towards the moment of birth.

So now let us turn to the bigger stage, on which our world unfolds. When we discovered how to read the stars, to plant the seeds, to print the spoken word, were we not in some sense teasing out of the future a truth, which already existed, and was just awaiting our touch?

When we dream of a world powered by solar energy, of sewage that through solar aquatic treatment becomes the food and song of a myriad plants and creatures, of schools where children of all races explore their inner potentials in harmony with nature, are we not drawing out a reality which already exists?

Yes, when two tribal leaders dream of the same piece of land and reach to pluck it out of the future at the same time, the result has often been war. And when men in suits sit in the tallest buildings and reach into the future to pull the very rainforests out of the Earth, the result is often dust, death, and misery. But behind these selfishnesses, does not time sing a more constant note, calling us to reach into the future and draw out a world in which hope, love and beauty become the daily foundation from which we live?

In 1942, the Italian mathematician Luigi Fantappie proposed a unified theory, linking the physical and biological worlds. He suggested that while entropy follows the laws of a mechanical world, causing the components of reality to diverge and fall apart, pushing the past into the future, there is a balancing principle called syntropy which works from the future, drawing the present towards wholeness. Information comes from the future, inspiring consciousness and thought to reach towards it.

Let us imagine that the whole universe is governed not by the present, but by the future.

Throughout the universe, the future pulls the present towards it. We feel it in our hopes and dreams, and assign it space in our poetry, but here I am suggesting this is not a whim, but the most powerful force in the universe. The chaos of the present moment on Earth is just a mirror of the confusion that exists in our minds, as we are overwhelmed by the power of the technologies we have created.

The future is calling to us; time is her song. If we listen, we can create harmony. If we listen together, we can create harmony on Earth.

Guy Dauncey is an author and futurist who lives in Victoria. His website is www.earthfuture.com. He is also president of the new BC Sustainable Energy Association www.bcsea.org Please see the website for further information.

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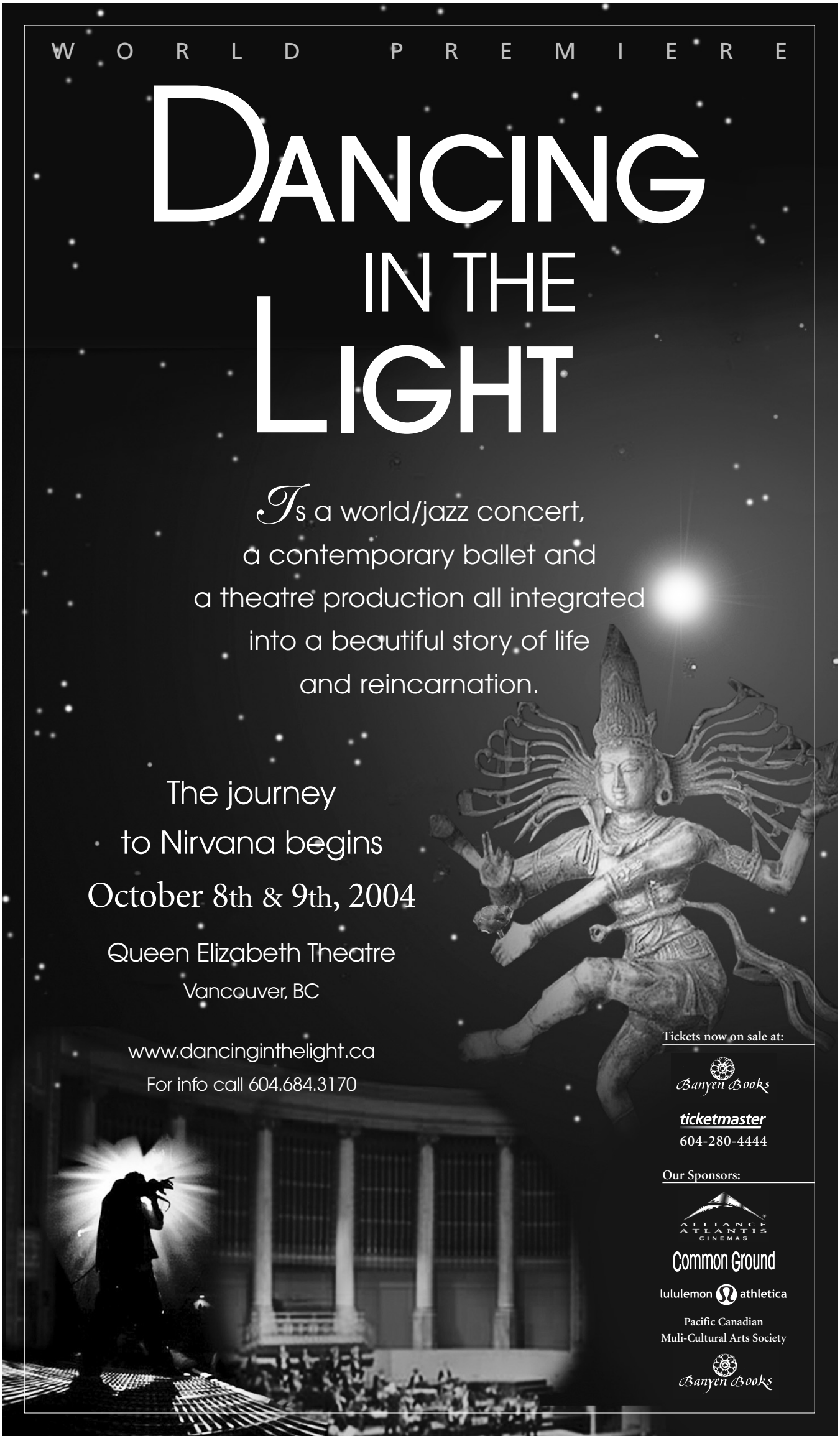

continued from page 4

placeable. This war is an obscenity. That's why this image breaks my heart. Because none of those men and women had to die in Iraq. They died for Bush's lies. And that's not what they signed up to die for. We failed them too. The least we can do is vote out the regime that put them in this horrible war, wrap it up, and get out. *Kimberly*

Soldiers do not choose; they follow orders, and choice goes out the window the day they get to basic training. Hopefully, their Commander and Chief does not dishonor their valor and courage by using them for personal gain or vendetta. Iraq is not about freedom, and it is not about 9/11, and no matter how many times people repeat this lie it does not make it true. Did these soldiers serve their country with distinction? Yes! Should we support and honor them? Yes! And the best way we can do that is to get their comrades who are still stuck in Iraq out of there as quickly as possible and demand the Commander and Chief take responsibility for this dishonorable war. *SW*

This image proves that a picture can say more than a 1,000 words... I stand in awe, this really is one of the most powerful images I've ever seen... Joe, whoever you are, thanks for sharing this with the world; it's truly amazing. And to any Americans here: Vote that idiot out, not just for the US's sake, but for us, people in the rest of the world, as well...
Jack Random

You have no need to apologize. Whether you wished to make a statement or not, art is not a passive medium, and we each bring to it our own interpretations. And it's doing what all good art should—provoking emotion, response, contemplation, and debate. Personally, I was profoundly moved by the piece. Pained to the core, as I looked over the faces, just bewildered and hurt by the senseless human loss. We are a savage and cruel race. For me, this is less about right wing or left wing political debates or leanings. This is simply an image which portrays how a few people can hold others' destinies in their hands....and when you send others to war, for whatever reason, they become bloodied. But that is only my interpretation, of course...
Lmd

When it comes down to it, telling the truth about an already politicized situation is not politicizing it, it's telling the truth about it. Even if the first instinct of politicians is to try to paint it as politicization. Don't knuckle under that pressure Joe.
WTW

Bravo, Joe! I wonder how much larger a picture would be made from the faces of the children who died from Bush's bombs—a lot larger, I dare say! Thank you for this powerful image. *Peter Sorensen*

After being told the US is under attack after the second plane hit the World Trade Towers on 9/11, George W. Bush continued to read My Pet Goat *in a Florida classroom for seven minutes.*

Fahrenheit 9/11 Moore vs Bush

by Robert Alstead

They should make a film about Michael Moore's battle to get his latest documentary *Fahrenheit 9/11* distributed in the States. What is it about the subject matter that caused financial backers like Mel Gibson's Icon Productions to get cold feet? Why did Disney want to block its release?

Even if you don't agree with his politics or his documentary style, Michael Moore is a highly bankable, Oscar-winning filmmaker. His attack on America's gun crime epidemic, *Bowling for Columbine*, was the most profitable documentary in filmmaking history. Even before its nationwide release, *Fahrenheit 9/11* promised to better that, having scooped the top film award at the Cannes film festival in May, received standing ovations at its premieres and impressive reviews from around the world, including from publications such as *The Washington Post* and *New York Times*. Have film distributors and theatre owners, who balked at releasing the film, ceased to be interested in the green stuff?

Hardly. Moore's claim that distributors and theatre owners bowed to Republican pressure to block the film sounds perfectly plausible. See *Fahrenheit 9/11* and you begin to realize why, as Moore has suggested, the White House wants to stop people in the US from seeing this film so badly in the run up to the presidential election.

Moore's two-hour "op-ed" has the traits of his other films. It is an opinionated and passionate argument full of gut-wrenching emotion, rancor and laugh-out-loud comedy. Yes, there are occasions when you feel that the edits are steering you with a heavy hand in a certain direction, but Michael Moore is the first to admit that he is a partisan filmmaker. Love him or hate him, you have a pretty good idea what you will get in a Michael Moore movie.

The big man features less on screen here than in previous films (he apparently had a sign in the edit suite which said, "If in doubt cut me out"). There are a couple of classic Moore-ish scenes of him on the streets in Washington canvassing senators to sign up their children for the war in Iraq, but his lower profile otherwise allows for some potent montages and interviews. His voice-over provides the narrative thread, joining the dots to sketch a complex web of intrigue and corruption at the heart of the US government and the Bush family's relations with the Bin Ladens, and drawing it together into a dynamite thesis.

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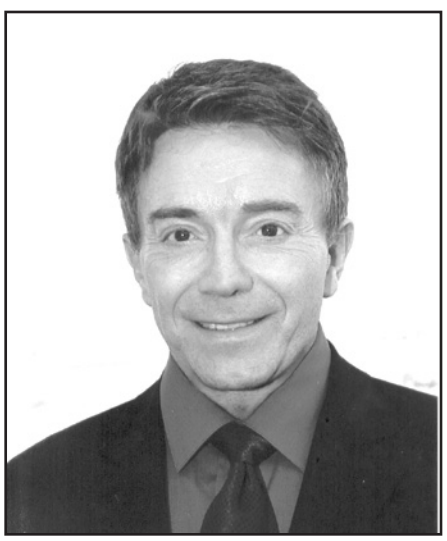
Michael Moore and Sgt. Abdul Henderson on Capital Hill attempt to convince congressmen to send their children to Iraq.

What is a good diet?



Dr Michael Colgan

There has been a lot of press lately about low carbohydrate diets, in particular the Atkins diet. The problem with most diets is they are not nutritionally complete. The Atkins diet which does not emphasize the need to keep your diet low fat, is one of these. We are often asked what Dr. Colgan eats and what type of "diet" we recommend. Here's the answer:

Proteins:

Protein is an important part of any good diet and we advise the intake of good quality protein such as chicken, turkey and fish. Lean red meat is acceptable occasionally. Dr. Colgan eats a lot of fresh fish, lean turkey and chicken. We are fortunate to live somewhere where we have access to locally grown, often organic, meats and fresh caught seafood. When you buy fish try to purchase deep-water fish and/or cold-water fish. Think carefully about where the fish was caught, as some areas are obviously more polluted than others. The Gulf of Mexico as opposed to the coast of Alaska.

Fish is usually poached, grilled or baked. Chicken and turkey is usually baked, roasted, grilled or barbecued. If oil is needed it is as little as possible. Good quality stainless cookware will help with this. No deep fried food at all, and the only sautéing is usually done in a wok with very little oil. Keep your protein source low fat. No hamburgers, no bacon and certainly no fried foods of any kind.

Carbohydrates:

Carbohydrates include all sugars, starches, grains, beans, fruit and vegetables. Some of the basic ideas of the Atkins' diet are correct. Excess carbohydrates are more readily stored as body fat. If you eat more carbohydrates than the energy you require, you will put on body fat. So to lose body fat you must do two things. Eat carbohydrates that are not easily stored as body fat and exercise sufficiently to make the body use stored body fat as an energy source.

We encourage everyone to get all their carbohydrate needs primarily from fresh vegetables and fruit, preferably organic. With every meal Dr. Colgan has either a fresh salad or steamed vegetables along with some fresh fruit. He never eats starchy vegetables such as white potatoes. You can consume a large amount of fresh vegetables and never put on any body fat.

Dr. Colgan seldom eats bread, but when he does it is always wholegrain bread. The only cereal he eats is old-fashioned oats, never any of the popular boxed cereals. He never eats pasta of any kind. He will occasionally eat wild or brown rice, never white rice. He eats fresh unshelled nuts such as walnuts and enjoys organic pumpkin and sunflower seeds. These choices are high in essential fats.

The amount of and types of carbohydrate you eat are also determined by your lifestyle, age and exercise level. Endurance athletes require more carbohydrates than "couch potatoes" as their energy needs are much higher. So determine your carbohydrate needs for your own lifestyle and you will be able to enjoy that lovely pasta dinner on an evening out without putting on

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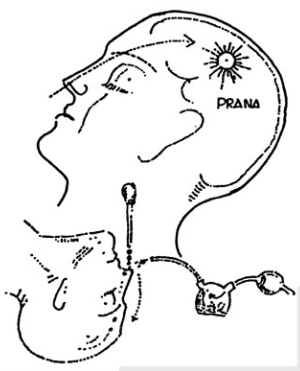

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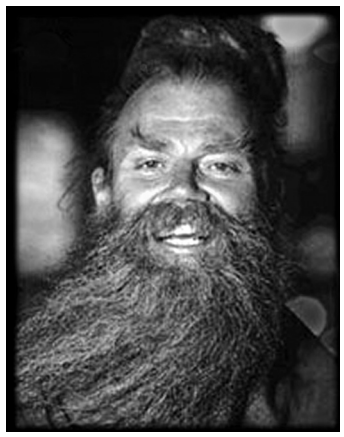

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Age - it's all in your mind

KAREEN'S YOGA

by Kareen Zebroff

Age is relative. An attitude. It used to be that yoga-over-40 books like mine were meant for people who looked, felt and acted old. No more. Nowadays, even over-50 is hip, probably because the pig in the python baby-boomers are exercising and eating ever more conscientiously, the more their thickening waistlines and creaking bones give them intimations of mortality.

So, when exactly does senior yoga begin? Technically over-65 perhaps, but my friends of that age would certainly not consider themselves seniors yet, if ever. Actually, senior yoga is simply a gentler, thoughtful yoga that takes into consideration our "centre of gravity" vitality.

That is to say, the bringing up to par of our general "resonant range" of health by dealing with the problems existing in our three often overlapping hierarchies: the physical, emotional and mental planes. For, you are least ill when you have a skin condition, and you are most ill when you have severe mental problems.

Our physical plane is most compromised when ill health negatively affects our vital life-force or prana, sex, rest, sleep, the five senses and other obvious physical factors. Our emotional plane cannot remain healthy when it begins to suffer from limiting thoughts and perceptions, anxiety and depression. And, our mental plane begins to show signs of trouble when we experience confusion, extreme forgetfulness, or any other restrictive changes in understanding and consciousness, that affect our freedom and creativity.

If we are healthy with the help of yoga, age becomes just a state of mind. Take my friend Irene who, at 83, continues to have enthusiastic get-up-and-go, a bounce in every quick and steady step and wonderful healthy energy, despite odd aches and pains. We have put our minds together to come up with some helpful recommendations for you to be the same. (Please check with your doctor first, and with other health-professionals such as naturopaths and chiropractors.)

1. Make the rest of your life your passion. Be its wise old, experienced architect.
2. Do yoga, it really works, but is best done after warming up, and with some props.
3. Start with a good teacher to instruct and individualize programs for you.
4. Listen to your intuition, in yoga practice or anywhere else, to guide you along.
5. Go only as far, and hold only as long, as you can, never compare or compete.
6. Design a schedule that works for you, however bizarre it sounds to others.
7. Remember, yoga poses and breathing are all about "allowing and unfolding."
8. Ears over dropped shoulders, expand chest, slacken jaw, tilt pelvis, root feet.
9. If debilitated, start with lying-down poses, not standing ones; you will improve.
10. If depressed, use a continuum of poses such as Sun Salutations and backbends.
11. Also try supplements: CoQ10, chromium, SAMe, St. John's wort, and essential fatty acid (EFA) oils.
12. If debilitated, massage good vegetable oil into the skin, rather than taking it by mouth.
13. If digestion is bad, get lots of digestive support through extra enzymes, hydrochloric acid to digest proteins and both acidophilus and bifidus.
14. Hugely important is to test your pH with test-strips from the pharmacy to achieve and then adjust it with the following food in the right balance. Your pH should be between 6.8 and 7.4, with 7.2 as ideal.
15. Acid: meat, eggs, fish, dairy, grains, nuts, corn, sauerkraut, artichokes, rhubarb and plums.
16. Alkaline: fruits, vegetables, millet, buckwheat, almonds, brazil nuts, peas, lima beans and soy.
17. If too acid, eat a 70:30 percent ratio of alkaline to acid food. If too alkaline: use a 60:40 ratio of acid to alkaline foods, as many health problems arise from an imbalance.
18. Eat a good hearty breakfast, medium lunch and light supper. Never drink ice water with meals.
19. The six most important nutritional steps for seniors are:
    - good protein or whey protein-powder, at every meal. No sweet snacks.
    - use good EFA oils, not margarine or shortening.
    - alkalize yourself through fresh fruits and vegetables, five to six times a day.
    - avoid any high-carb "white foods" such as sugar, flour, bread, cake and cereal.
    - exercise, eat wisely, drink lots, walk and enjoy your food and your life.
20. Buy organic, esp. apples, grapes, berries, peaches, pears, celery, potatoes, spinach and green beans.
21. Drink only four ounces of water per half-hour or you will lose trace minerals in urine.
22. Avoid the foods you crave most: you're probably sensitive or allergic to them.
23. Trick yourself into taking your vitamins and minerals in liquid form in health drinks.
24. Include in drinks: whey protein powder, lots of good oils like flax and some spirulina.
25. Think of hot flashes as facials for the body. Then shower and use a loofah.
26. Do the Kegel exercises and Aswini Mudra, for better bladder control and sex.
27. If bed ridden, or on long car or plane trips, take one-quarter aspirin per day to prevent dangerous deep-vein thrombosis.
28. To avoid blood clots and swollen ankles, use support hose all of the time especially so, in hot weather.
29. For burping with heartburn, try the homeopathic remedy Kalium Carbonicum 30C.
30. For hemorrhoid after-care find a portable bidet in a medical supply store.
31. Walk a little bit faster every day, "climb any mountain" or stair, bike or swim.
32. Invest in good runners with off-the-rack, or adjusted-for-you, orthotic insoles.
33. Avoid unsafe areas and human predators, as well as energy parasites who leave you feeling down and done in.
34. Even if you have faults, repeat often: "I deeply and completely accept myself."
35. Learn to protect and ground yourself by putting yourself in a golden light.
36. Meditate the easy Dalai Lama way with any positive repetitive thought or prayer.
37. Know when you are well off compared to many others, and then give thanks.

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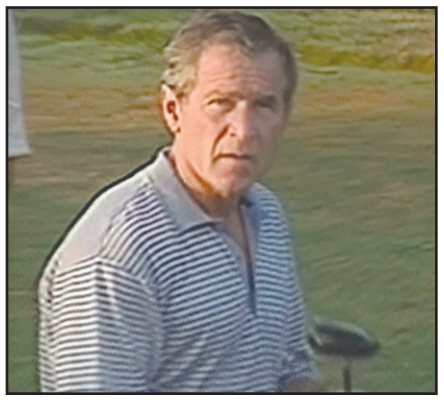
Moore asserts that even before entering office Bush had an agenda to wage a war on two fronts - the first front being on the people of Iraq to advance interests of his corporate supporters (or "his base" as he likes to call them), including the Bin Laden family, and the second, through his War on Terror, to keep a stranglehold on the people of the USA by keeping them in a perpetual state of fear.

The film opens by revisiting the presidential election of 2000. "Was it all just a dream?" asks Moore, retracing how George Bush Jr. managed to scrape into office with an alleged 537 votes in Florida. The turning point came, says Moore, when Fox News Channel decided to report that Bush had won Florida on election night when all other channels were reporting Al Gore as winner. Coincidentally, the man at Fox who made that decision was Bush's first cousin.

In this early investigative part of the film, a flood of assertions and questions ensue. We learn that one of Bush's best friends, and financial supporter of one of his early businesses, was also banker to the Bin Laden family.

Further on, Moore asks why 24 members of the Bin Laden family were allowed chartered flights out of the US immediately after 9/11 when all flights were supposedly grounded. Was Bush honouring an old friendship? A clip of a plane taking to the air to The Animals song *We Gotta Get Out Of This Place* makes the rest of his point.



George W. Bush issues a warning to terrorists and then adds, "Now watch this drive."

Bush perfects his golf swing while on vacation 42 percent of the time in his first eight months in office according to the Washington Post.

In the section on Afghanistan he posits that Bush never had a realistic plan for capturing Osama Bin Laden.

These bald facts in themselves may not provide conclusive proof of conspiracy. However, the weight of accumulated evidence, much of it already documented in print and on television, is crying out to be addressed. Voters in the US will have their chance on November 2.

There are many images from the film that stay in the mind, but perhaps most stark is that of the moments after the first plane hit the tower. The screen turns black, and only the audio track of panicked onlookers can be heard. It is a curiously private and personal moment, powerful in its simplicity.

There is humour as well, but streaked with satirical venom. The film is withering in its portrait of George Dubya. Through archival footage and newsreel, he is ridiculed, scorned and raked through the mud. He is called a fraud, a slacker and a liar. Although the only dialogue between president and filmmaker was across a crowded room when Bush called to

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Moore, "Behave yourself - go find real work." The film poster hilariously shows Moore walking hand in hand with George Dubya on the White House lawn like a couple of lovers: George, in crisp conservative suit, head thrown back in laughter; Michael, in obligatory baseball cap, T-shirt and baggy jeans, looking to the camera with a mischievous grin. It sets the tone for the film; although Bush's familiar buffoonery and bumbled lines provide comic respite, the clips that have been gleaned from newsreel and feeder footage give him a psychotic edge.

Moore and Congressman John Tanner (D-TN). Moore asked pro-war members of Congress to send their children to fight in Iraq.

At one point, caught on the golf course, Bush addresses the camera directly, "I call upon all nations to do everything they can to stop these terrorist killers. Thank you." Without missing a beat, he slips out a golf club and says, "Now watch this drive." Even if this is Dubya's idea of a joke, such insincerity chills the blood.

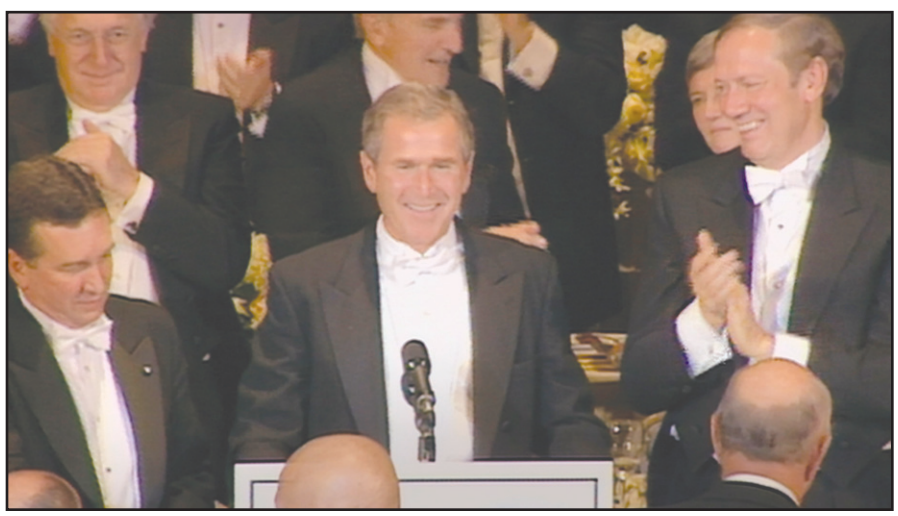
Most memorable is the notorious *My Pet Goat* video, filmed by the teacher at a Florida kindergarten on the morning of September 11. After being informed of the second plane hitting the World Trade Center, Bush, like a rabbit frozen in the headlights, continues reading a book called *My Pet Goat* for seven minutes before an advisor came into the room to suggest he had more pressing matters to attend to. Moore layers on the sarcasm as he speculates on what might be passing through the presidential brain at the time. Amazingly nobody had asked for the videotape before.

One of Moore's strengths has always been getting the story behind the story, asking the simple, obvious questions. He scorns the mainstream media for its coverage of the war in Iraq and for towing the White House line. Whether it be an Iraqi man tossing a dead baby onto a truck or rare interviews with limbless and maimed marines, there is often a sense that Moore has scooped his footage by simply looking under the carpet. At other times, Moore lambastes the bold-faced deceit of the Bush administration with biting montages showing how we were duped over Weapons of Mass Destruction or how Rumsfeld tries to make a bombing campaign sound as innocuous as being tucked into bed at night.

A good part of the film is spent with a career counsellor from Moore's hometown of Flint, Michigan, Lila Lipscomb. A patriot, who "always hated" anti-war protesters, and even advised her own children to join the forces for a better life, she was forced to re-evaluate her political beliefs during the making of the film by the devastating news that her son had been killed in Iraq. We see her reading her son's last letter (where he urges his family to defeat Bush) and doubled up with grief in front of the White House. Elsewhere, an elderly, grief-stricken Iraqi woman rails at the camera for the US bombing of

continued on page 34

Bush speaks to his corporate supporters, the haves and the have mores, or what he calls his "base."



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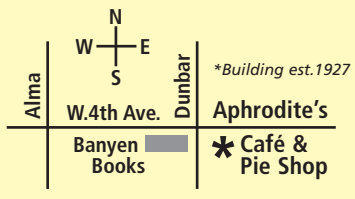

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Catching up with the soul

UNIVERSE WITHIN

by Gwen Randall-Young

The soul's fundamental purpose is the shaping of knowledge into material form.

- Fred Alan Wolfe, PhD
Theoretical physicist

The new physics is turning our notions of reality upside down. Our notions of life unfolding in a linear way are being challenged. Time is an illusion, there is no objective reality, everything is happening at once, we live in parallel universes. These are ideas that at one time might have seemed ludicrous. We now must consider these possibilities, as radical as they might seem, as radical as the ideas of a round Earth, or the sun as the centre of our solar system must have seemed when they began to dawn on human consciousness.

The paradoxical difference is that science gave us answers about our physical world, but what science is discovering now about the nature of reality has been known by sages through the ages. Science is catching up with Spirit.

Science is teaching us now, that all things are connected. Hindu mystical wisdom has long taught that maya, the illusion of separateness obscures the underlying oneness of reality. Kabir, the 15th century Indian poet said: "Behold the One in all things. It is the second that leads you astray."

Cosmologists teach us that we are made of the same stuff as the galaxies – yet, long ago Cardinal Nicholas of Cusa said "The universe is in each person in such a way that each person is in it; and so every person in the universe is the universe."

Scientists suggest that the human brain may be a hologram fragment of the universe - the whole of the universe existing within that fragment.

Scientists suggest that the human brain may be a hologram fragment of the universe - the whole of the universe existing within that fragment. Thus we would have access to some kind of understanding of all that is, for it is in us. Similarly, the Gnostic mystics were concerned with the direct realization of eternal truths - intuitive insight into the nature of reality. This knowledge, they believed, could be accessed directly. Similarly, Jesus said, "The kingdom of Heaven is within you," while Rumi offered, "When you seek Him, look for Him in your looking. Closer to you than yourself to yourself."

It would seem to me that whatever soul, or soul knowing is, it has been a constant in the human species, independent of era or worldly knowledge. Modern day expressions of wisdom are not more insightful or profound than those intuited in the past. If anything, our dependence upon, and favouring of left-brain rationality over our more intuitive, sensing capabilities has handicapped us in terms of accessing this wisdom.

What is different now, is our emerging understanding that soul is not something that emerges out of physical form, but that physical form is an expression of soul. Our lives are the physical manifestation of our essence. We are not the "created" but rather, the "creators." This, of course, changes everything. What happens when we bring conscious awareness to that process? Can we be the lucid dreamers in this dream of life? I think we can.

In order to do so though, we must be in touch with our spirits, we must make room for soul to be felt, and silence, for it to be heard. With the growing dominance of technology in our lives such as computers, cell phones, video games and big screen televisions, soul is being squeezed out. If soul's purpose is to shape knowledge into material form, what kind of raw material are we giving it to work with? Is the material form manifesting globally today a reflection of the kind of "knowledge" we have been shaping?

These are sobering thoughts. The notion of being conscious extends far beyond our own individual thoughts and psyches. We must be collectively conscious of the world we are creating. Perhaps we should turn everything off for a while, and just listen…

Gwen Randall-Young is a psychotherapist and author of Dancing Soul: The Voice of Spirit Evolving *gwendall@shaw.ca, www.gwen.ca*

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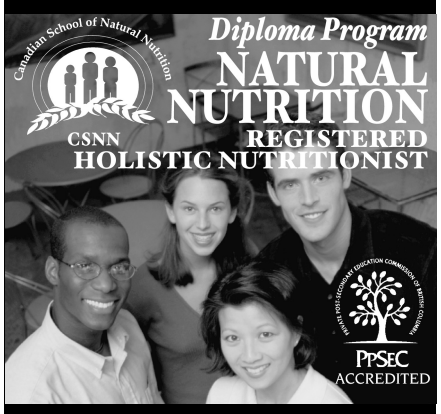

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Count your carbs

PHYSICALLY TWEAKED

by Cat Smiley, ISSA

Low-carb ice-cream, low-carb beer. Just when you were getting used to the miracles of fat free, carbohydrates are now taking their turn to wallow in the sinners' food group.

Finding the optimal ratio of carbohydrate, fat and protein intake depends on the kind of physical training you are involved in. Excess calories of any kind will directly lead to an increase in body fat levels. No doubt the attraction of a low carbohydrate diet is the initial weight loss, caused by glycogen depletion. Perhaps our society has become so wrapped up in being thin, that any successful weight loss method gets the thumbs up. There's no joy in slimming down, feeling fabulous…then watching it all come back once you start to eat normally.

Carbohydrates are found in the form of starches and sugars such as sucrose, lactose, glucose and fructose. During the digestive process the body breaks these down to glucose and fructose (monosaccharide) which are then absorbed into the blood primarily through the small intestine. One of the monosaccharides - glucose - is called blood sugar and is crucial to our physiology.

When you eat a meal high in carbohydrates (such as pasta, potatoes or bread), your blood sugar levels will skyrocket - usually within an hour. Refined sugars (foods high on the glycemic index), will cause your blood sugar level to rise even higher. Balanced meals are essential to maintain a normal blood sugar level - without this your metabolism will slow down.

True enough, blood sugar may be converted and stored as fat, but only when the dietary carbohydrate combines with the caloric intake of the other nutrients, to exceed the energy demands of the body and storage capacity of the liver and muscles for glycogen.

If sufficient amounts of carbohydrates are not consumed on a regular basis, the functioning of the central nervous system will be affected, and you won't be able to produce blood sugar or glucose internally if your reserves are depleted through a low-carbohydrate or starvation diet (a low-carbohydrate diet is loosely defined as less than 100 grams of daily carbohydrate intake). In a recent study at the University of Connecticut, exercisers switched from a balanced diet to one of low carbohydrate. There was a 7 - 9 percent drop in muscle power and 6 percent drop in maximal rate of oxygen consumption during cardiovascular performance with those participants on a low-carbohydrate diet. The end result was muscle fatigue, decreased muscle power and, consequentially, poor athletic performance.

Henri Schauffler, a middle aged man who had been on the Atkins low carb diet for years, was shocked to find earlier in the year that his cholesterol, tri-glycosides, blood pressure and weight were all beyond unhealthy levels. True enough, Dr Atkins may have promised that the low carb diet would solve all these problems, but he probably assumed common sense as well. For example, fat is low-carb but that doesn't mean you can eat as much as you like. Carbs must be counted just like calories.

Cutting back on carbohydrates is just going back to the conscientious way people were eating before our super-sized portions and obesity statistics.

Part of the reason behind the popularity of Dr Atkins theory, is that western society has loaded its plates with excess carbohydrates since World War II. Cutting back on carbohydrates is just going back to the conscientious way people were eating before our super-sized portions and obesity statistics.

With an estimated 2,000 low-carbohydrate packaged food products on the market, the trend towards low-carbohydrate consumption has become a lifestyle choice for many. Although these products can be a valuable grocery item, drastically dropping your carbohydrate intake can backfire.

You're better off finding an eating plan that compliments your lifestyle and keeps you at a permanently healthy weight, while providing adequate fuel sources to support exercise.

So are carbohydrates good or bad? My theory is to eat a healthy blend of protein, fats and complex carbohydrates every day. Carbohydrates are good for you, when eaten as part of your nutritionally balanced diet and bad when you eat them in excess. There's no such thing as bad food, just bad portions. Simple.

Cat Smiley is a journalist, pro skier and personal trainer. Her Smiley Fitness Co. runs boot camps, fitness vacations and personal training in Whistler.

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The positive side is that it carries OPPORTUNITIES to change course. A global debate is taking place which may lead to wider considerations of the substance of our problems - the failure of one-track mind materialism in human affairs, the plunge into environmental degradations, and a world economy with little balance between spirit and matter, keeping billions in poverty and despair.

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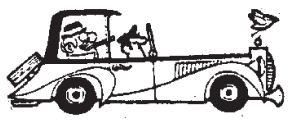

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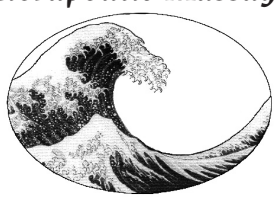

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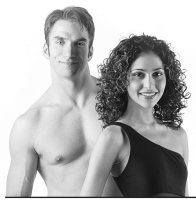

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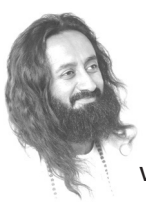

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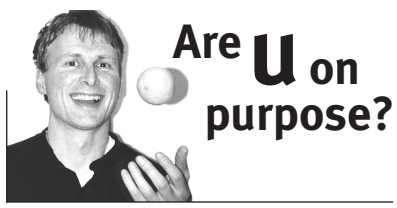

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PSYCHOLOGY, THERAPY & COUNSELLING

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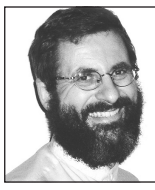

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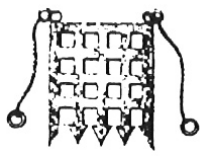

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ARTS & CULTURE

And the dance goes on

Dancing in the Light — A live performance extravaganza

Playwright and recording artist Clayton Carrigan has produced the ultimate love story. Dancing in the Light *is a theatre production, a world music concert, and a contemporary ballet integrated into a beautiful story of life, reincarnation, and a soul's Journey to Nirvana.* Dancing in the Light *plays at the Queen Elizabeth Theatre October 8-9 (www.dancinginthelight.ca). The CD of the same name is available at music stores this month. In the following interview with Brad Thomas, Carrigan talks about his upcoming production.*

Brad Thomas: What would you say is the essence of *Dancing in the Light*?

Clayton Carrigan: *Dancing in the Light* is not so much about dance as it is about the quest to find the joy of the divine light. It is actually a beautiful, feel-good story of life, love, and spiritual awakening. Most of us feel we are on a spiritual journey in one sense or another. *Dancing in the Light* brings this feeling into the realm of reality by challenging our imagination of what could be. *Journey to Nirvana* is unique in that the audience will watch and experience a soul journey over many incarnations. In this case, it spans four lifetimes over four historical periods of our history. A different lesson is learned during each life or rebirth until one day something very interesting happens.

Q: Your story of the *Journey to Nirvana* takes place over thousands of years.

A: Yes, it begins in ancient India, where the boy's guru gives him a sacred scroll that explains the secrets of life, then over many incarnations and tests, the story unfolds. The last scene is in the psychedelic '70s so the journey covers many cultures and forms of spiritual thought. While the Journey is non-religious, it is spiritual, and subtly touches on the new world awakening that seems to be happening. What makes the story unique and captivating is the way the actors, dancers, and musicians all play a part in the story line. It's told through the performance of the stage actors, while the ballet dancers and world musicians also play a major part at different points along the journey.

Q: How would you define the musical style?

A: The style is very world beat, starting with Indian classical, new world with a Latin/ modern jazz crossover. It's a very melodic, musical stew of sorts. It's hard to put a finger on one musical style that would best identify it. I guess if you took the sound of Sting, Sade, and Simply Red, with a few Indian classical and Latin musicians and put it into a world beat pot and stirred, you would have a sense of the music.

Q: Who are the musicians?

A: I am really excited about the band. We have some of Canada's best jazz and world musicians, including fusion maestro Jesse Zubot on violin, Michael Creber (formally of the KD Lang band) on keys and piano, Mr Jazz Piano Miles Black also on keys and piano, wonderful bass player Miles Foxx Hill along with Phil Robertson on drums, and Rafael Geronimo—Mr Latin—on percussion. Angela Kelman of Farmers Daughter fame also stars as a guest female vocalist. All of these musicians have won many music awards; it's an all-star band. Some wonderful East Indian classical musicians will be playing tabla, harmonium, and sitar during the performance, and also from India, we have a beautiful Indian classical singer named Kirin Tohan, who is very popular within the East Indian community. We're waiting for the final confirmations, so we can't mention all the names just yet.

Q: You are releasing a CD called *Dancing in the Light* this month.

A: Yes, and I am very happy with the way it turned out. I started writing it when I was in India a few years back, and it just evolved from there. There is a such a beautiful cross of world music styles merged into a west coast feel. It ranges from Latin jazz to a very melodic world beat sound. There's definitely an eclectic flavour, but there is also a consistency of style. On *Tell Me More*, Bill Runge plays a beautiful solo on soprano sax, and on another tune, Jesse Zubot does a jazzy East Indian classical violin crossover. Gaye Delorme is a special guest on one track, and he is probably one of my favourite guitar players. The show will feature seven or so tunes from this CD, and the same band will perform the show.

Q: *Dancing in the Light* choreographer Sandra Botnan has a notable production and dance background. How did she find her way into this project?

A: Sandra is one of the finest contemporary choreographers around. She has such a good understanding of how music and dance fit together. Sandra was with Cirque du Soleil for a number of years, and she also helped write and create the Cirque DVD *The Journey of Man*. She has also worked with the Las Vegas show *Mystère* and toured Europe with the hit French musical *Notre Dame de Paris*. She has a long list of great credits, and the quality she brings to the show is her creativity as a choreographer.

Q: Is *Dancing in the Light* primarily ballet or does it include other dance forms?

A: The dance aspect of the show covers a spectrum of styles and moods, which fit together well with the story. You have contemporary ballet and Indian classical styles with yoga postures.

There will also be a special performance of First Nations aboriginal dancers performing along with the ballet dancers in a surrealistic number that fits into the 1800s scene beautifully. The magic of the show is the fact that it is not just a dance show, but that the dance performance becomes a part of the story-telling. ❖

Compassionate weight loss

NUTRISPEAK

by Vesanto Melina

MS, RD

I have written six food and nutrition books, with a seventh on its way. These books are sold in 12 countries and translated into four languages. What do I have to show for all this effort? Fame? Yes, a little. Royalties? They do trickle in. Speaking invitations? These have taken me to eight provinces, 31 states including repeat invitations to Hawaii and as far as Oxford, England.

When I glance in the mirror, I see one more result of all those hours sitting at the computer, interspersed with recipe testing. Fat. Yes, about 20 extra pounds.

What's the solution? Join the low-carbohydrate contingent and load my shopping cart with steak and bacon?

Let's look at the facts. Low carbohydrate diets that are high in animal protein and fat work for some people, for a time - until they succumb to the effects of high cholesterol (bad for the heart) and high acid loads (that can lead to kidney damage).

Yet there is some good sense to be found in the low carbohydrate diet craze. Cutting out the "bad" carbohydrates has proven to be an effective part of weight management. Refined sugars and grains are easily converted to fat, while providing little nutritional value. Eliminating them makes sense.

A key to successful weight management is to get nutritional value along with every calorie we consume, and center our diet on highly nutritious foods. We can do this with a more healthful vegetarian or near-vegetarian diet that delivers plenty of protein, vitamins and minerals. Legumes such as lentils, split peas, beans and soyfoods are a foundation. Their combination of high complex carbohydrate and high protein sustains us between meals, without those low blood sugar moments of desperation that send us to the bakery or candy counter.

A hearty serving of the following lentil soup gives about half of our recommended protein intake for the day, plus significant amounts of minerals and B vitamins such as folate. The carbohydrate present is released into our system in a very gradual manner because half of this carbohydrate mix is fibre. The glycemic indexes of lentils, peas and beans are extremely low, in the range of 26 to 38, compared to glucose at 100.

We can't get away from it; the bottom line for weight loss is to consume fewer calories than we burn. The most powerful, effective and healthful way to shed pounds - and keep them off - is to create a foundation of these high-protein legumes in our diet. Add plenty of veggies and some exercise and we have a formula for success. So, enough writing and recipe testing; I'm off to the gym for my cardio-kickbox class.

Protein Power Lentil Soup

A hearty serving of this soup will carry you from one meal to the next with plenty of stamina. Freeze extra portions in individual servings. Patak's mild curry paste, available at most supermarkets and Asian stores, gives outstanding flavour.

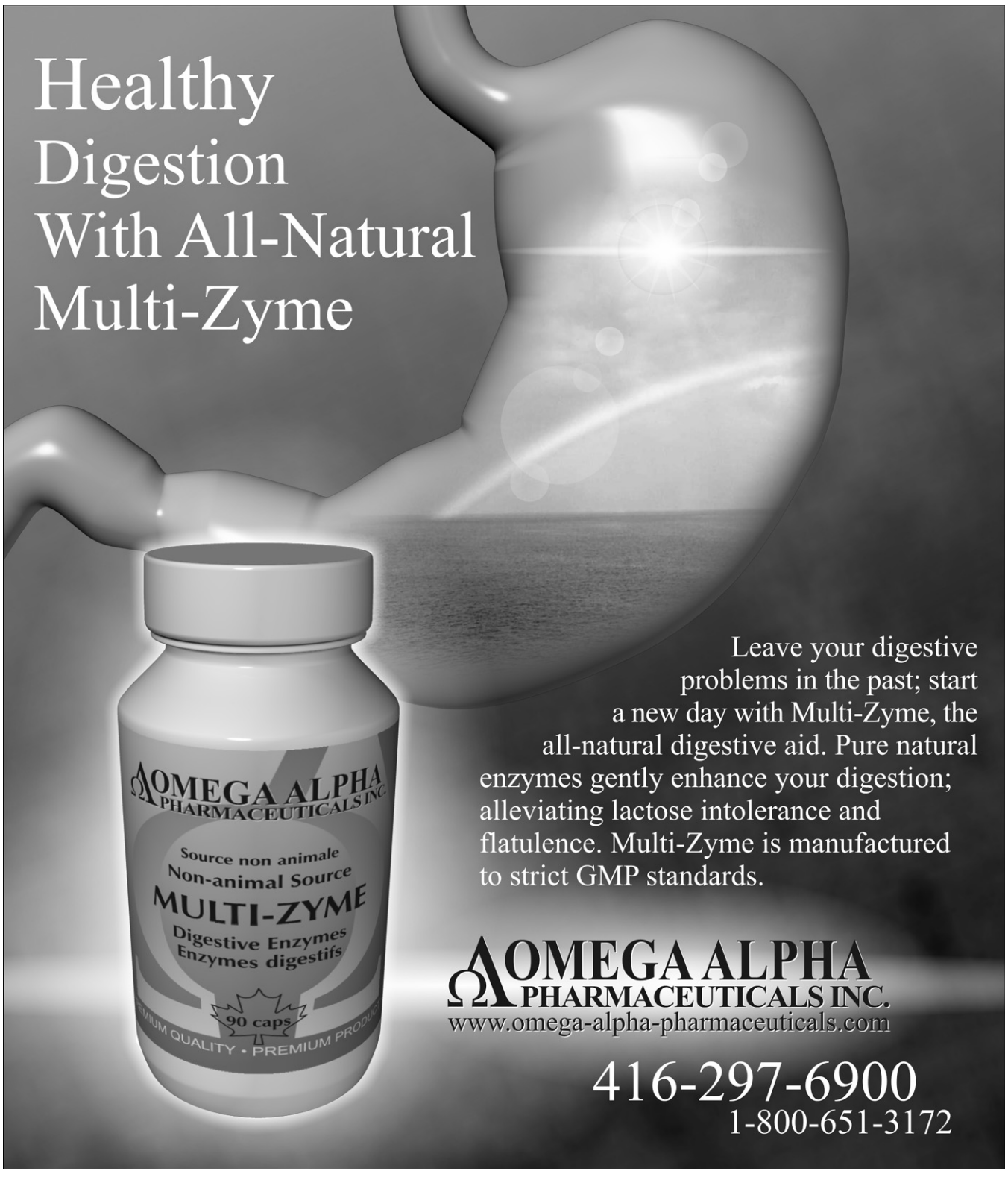
1	large onion, chopped
2 cups	lentils, rinsed
6 cups	water
2 cups	chopped vegetables, eg. cauliflower & celery
2 Tbsp	curry paste (or to taste)
2 tsp	tamari or soy sauce
1/4 cup	tomato paste

In a large saucepan, place onion, lentils and water. Bring to a boil, then lower heat and simmer for 45 minutes or until lentils are soft. Add vegetables, curry paste, tamari and tomato paste and simmer for an additional 20 minutes. Adjust seasoning to taste. For a thinner soup, add one or two cups of water. Makes six to eight cups

Per 12 oz. serving: calories: 409, protein: 29 g, fat: 5 g, carbohydrate: 35 g, dietary fibre: 32 g, calcium: 98 mg, iron: 10 mg, magnesium: 133 mg, sodium: 83 mg, zinc: 4 mg, folate: 443 mcg, riboflavin: 0.3 mg, vitamin C: 29 mg, vitamin E: 1.6 mg.

Percentage calories from: protein 27, fat 10, carbohydrates 63 (including fibre).

Vesanto Melina is a registered dietitian, internationally known speaker and personal consultant, based near Fort Langley. Her books include the nutrition classics, Becoming Vegetarian *and* Raising Vegetarian Children. *604-882-6782 www.nutrispeak.com*



CALENDAR OF EVENTS

To submit go to: www.commonground.ca > Advertising > Datebook

JULY DATEBOOK

July 3
Celebrate the InterTidal Arts Project at Spanish Banks West. Community members, visual artists, dancers, musicians, poets combine talents. Free Workshops before and during 604-257-8140 www.westpoint-grey.org.

July 5 - 14
Revitalize-Rejuvenate-Regenerate Supervised water and juice fasting at a retreat at Roberts Creek, Sunshine Coast, during summer. For more info call Dr. Halanna B. Matthew (604) 926-3009

July 7
Meditation Workshop & Healing Class Guest Night 7 pm; CDM Psychic Institute #210 - 1114 W Broadway. 604.730.8788

July 8, Aug 12
A Course in Miracles with Susan Harris. Let go of the past, feel more alive, experience life from a point of peace, and invite love in. 6 weeks $225. West Coast Institute of Mystic Arts 604-982-0099
www.westcoastmysticarts.com

July 9-23,25 - Aug 1
Donna Farhi Yoga Teacher Training in S.Surrey, July 9-23 & July 25 - August 1, 2004 (follow up module). For information contact Leila @ 604-536-7894 or leila-yoga@shaw.ca.

July 9, 10, 11
Introduction to Foot Reflexology commences Certificate Weekend Course. Intro: $10. Course: $295. Pacific Institute of Reflexology (604) 875-8818.

July 10 - 18
26th Annual Harrison Festival of the Arts brings the cultures of the world to Harrison Hot Springs presenting some the world's best music & art. www.harrisonfestival.com

July 10, 24, 31
Shamanic Drumming Circle: Saturdays, July 10 and 24. Journeywork to contact spirit animal guardians. Drums supplied. Newcomers welcome. 7pm. Full Moon Fire Circle, Saturday, July 31, 7pm. Donation. 604.418.9636.
www.shamanichealing.info.

July 12 & Aug 16
Cancer & Leo Astrological Dinners.
Join Host Teresa Waclawik with talk by Astrologer Jason Lazar at Brock House Restaurant. Dinner, door prizes & entertainment.
To reserve: 604.732.5538

July 17
Indian Classical Music Concert of world renowned Sarangi maestro Ustad Sultan Khan with Hanif Khan (Tabla) presented by Virasat Foundation at Michael J. Fox Theatre on July/17/2004 at 7:30pm. Call 604-897-4512 or see www.virasat.ca.

July 17-18
How to Love Yourself Louise Hay based workshop. SELF DISCOVER WORKS. Call Liz Robitaille 604-986-5321

July 23-24
Bhagavan Das, ecstatic singer & master of Nada Yoga stirs up the shakti at a kirtan of music & invocation. Mysticism of Sound workshop, Baba shares his insights, knowledge & inspiration. Vancouver Bahai Centre Details at
www.bahagavandas.com

July 24
Alan Watson Featherstone, member Findhorn Community in Scotland, founder Trees For Life, slide show/talk, Saturday, 7:30pm, $15. Location and ticket information, phone (604) 733-2313.

July 25
Clairvoyance Workshop 1 pm; CDM Psychic Institute #210 - 1114 W Broadway. 604.730.8788

July 26-29
Couples Retreat on Bowen Island. Discover a deeper and appreciative connection with your partner. From $275 inclusive. Call Rob or Roberta at 604-947-9228.

Aug 20, 21, 22
Introduction to Foot Reflexology commences Certificate Weekend Course. Intro: $10. Course: $295. Pacific Institute of Reflexology (604) 875-8818.

Sept 17-19
What does it mean to be a soul having a human experience during divinely ordered chaos. Heritage Valley Retreat Sept 17-19, Noreen 604-263-7970

Oct 16 - 17
Reiki Drumming - Experience this powerful 2-day workshop, on combining Level Two+ Reiki with Shamanic Drumming, this October in Burnaby. Instructor: Barbara McKell. Contact: LynAyre@telus.net 604-524-8565

Sundays
Garden of Miracles Course Community meets 10:30 am, #106-1975 Lonsdale, North Van. A Course in Miracles Spiritual worship. Meditation, prayer, music, spiritual message, call Susan 604-987-6985.

Mondays
Trager® Bodywork-Mind Approach: painless deep tissue & energy work. Free short demos: 2:30-5pm. Finlandia Pharmacy, 1964W. Broadway. By Louise Morin, CTP, 688.5838.

Mondays
Shambhala Buddhism Open House. 7 pm meditation instruction, sitting meditation practice. 8 pm refreshments, Buddhist talk and/or video and discussion. No charge. Shambala Meditation Centre, 3275 Heather at West 17th.

Tuesdays
Reflexology Student Clinic sessions - only $15. Evenings only. By appointment. Pacific Institute of Reflexology. 604.875.8818

Wednesdays
The Healing Bodywork Centre offers a "Pamper your Partner" evening every last Wednesday of the month. 604.737.8350

Wednesdays
Hawaiian Healing Night 7pm. Hawaiian guided Meditation, Sharing the Aloha, and snacks after, meet like minded people and share. $5.00 donation. at Hale Ola - a place of Healing 1215 Madison ave. Burnaby 604-431-7474 Kaimana and Moanikeala

Wednesdays
Zenith – Omega Vibrational Energy Healing www.Zenith-Healing.Com Open House: Each Wednesday, 198 W18th Ave, Vancouver. By donation, 8-10pm (Level One Work shops ongoing.) 604-251-2127 (Kevin)

Wednesdays
Shambhala Open House. 7 pm meditation instruction, sitting meditation. 8 pm refreshments, talk and discussion. No charge. Shambala Meditation Centre, 3275 Heather at West 17th.

Saturdays
Yaletown Funky Farmers Market 12-5pm Bill Curtis Sq, 1100 Block Mainland @ Davie.

Ongoing
Humuh Monastery Buddhist Meditation & Retreat Centre. An experience in Beauty and Dharma. Call 1-800-336-6015 for free brochure. Westbridge, BC www.humuh.org

Ongoing
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Ongoing
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Ongoing
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Ongoing
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continued from page 9

movements and scientists.

The open letter says the 200-plus-page FAO document struggles to appear neutral, but is highly biased and ignores available evidence of the adverse ecological, economic and health impacts of GM crops.
www.gmwatch.org/archive2.asp?arcid=3824

Mendocino's GMO vote sparks industry action

The Organic Consumers Association reports the biotech lobby will soon introduce a bill in California to nullify Mendocino County's ban on growing GMOs and make it illegal for other California counties to pass similar laws.

Allan Noe, vice president of Crop Life International, a group affiliated with Monsanto and corporate agribusiness, told the *San Francisco Chronicle*, "We're looking at a number of things to remedy the situation.... a court challenge to Mendocino's ban, an attempt to pass state legislation to prevent counties passing such bans or persuade the federal government, which regulates biotech products, to halt local bans."

The Organic Consumers Association has launched a campaign called the Biodemocracy Alliance to defeat this legislation and spread GE-free zones across at least a dozen of California's 59 counties as well as counties all over the US.
www.gmwatch.org/archive2.asp?arcid=3799

Patrick Moore debates anti-GM protestors

At the recent biotech bash in San Francisco, a debate erupted between corporate flak Patrick Moore, British author Luke Anderson and Food First's Dr Raj Patel. According to the *New Zealand Herald*, Moore claimed nature did not make the world good enough, so we need to genetically modify it to make it better.

Anderson said biotech firms had solutions, but only to problems which they created. "Of the list of chemicals known by the state of California to produce cancer, Bayer produces most of them," he said. "Bayer also produces cancer drugs.

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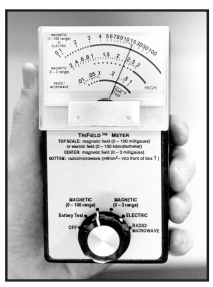

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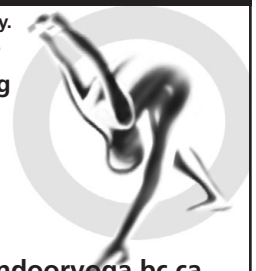

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excess body fat.

As we get older and our insulin metabolism becomes less efficient we need to make sure that we choose carbohydrates that are low-glycemic. For anyone who is interested we can email you a copy of our low-glycemic chart that we use with our athletes.

Fats:

A diet low in saturated fats is very important for overall health. A high saturated fat diet will cause cardiovascular disease. The Atkins' diet does not stress the need for a low saturated fat diet. It does not differentiate between bad and good fats. I know many people who have been on the Atkins diet and have restricted their carbohydrate intake dramatically but think it fine to eat fatty bacon and hamburgers.

You must get your essential fats daily. We advise the use of organic flaxseed oil that you can use as a base for your salad dressings. For cooking when necessary use small quantities of organic cold pressed olive oil. Both these oils contain good essential fats.

This was something that Dr. Atkins did not understand. It was reported recently over the AP wire that Dr. Robert Atkins, who died recently, weighed 258 pounds at the time of his death. Before his death, he suffered a heart attack, congestive heart failure and hypertension. Not only was he not following his own advice to maintain a good weight and low body fat, but his idea of not worrying about saturated fat intake certainly did his health no good.

The above article is from the Colgan Institute News. Information contained in its newsletter was prepared from medical and scientific sources which are referenced and are believed to be accurate and reliable. The information should not be used to treat or to prevent any medical condition unless it is used with the full knowledge, compliance and agreement of your personal physician or other licensed health care professional. Readers are strongly advised to seek the advice of their personal health care professional(s) before proceeding with any changes in any health care program. To find out about or register for courses call 1-866-302-3032.

• • •

Dr. Michael Colgan's summer seminars are held on Salt Spring Island.

Colgan Anti-Aging Intensive: The dates for the next Anti-Aging Intensive will be Friday, July 23 to Sunday, July 25, 2004. Presentations will cover the latest research on supplements and anti-aging nutrients. You will learn the latest research on maintaining hormone and insulin balance, protecting your brain, heart and prostate, preventing heart disease, arthritis and diabetes and remaining flexible and fit life-long.

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On Track Zodiac

July 2004 by Ilona Hedi Granik

ARIES (March 21 - April 19)
This is a notable time of sharing and making great strides towards new relationships. Magic is afoot and you feel like fireflies are dancing on your toes. The exchanges you have seem to have a glistening effect and lasting power to carry you into new directions.

TAURUS (April 20 - May 21)
An overhaul and cleansing of your life is now the focus. You could find yourself throwing caution to the wind, while you toss anything that no longer holds any meaning for you.

GEMINI (May 22 - June 20)
Plan on getting the most out of many splendid and jubilant times ahead. Your quick wit and curiosity will further a season of kismet in the area of your career. If you put one foot in front of the other, you are bound to slide into a home run. Keep both feet on the ground, with your ideas firmly planted and inspired.

CANCER (June 21 - July 22)
Your feet are up and you have no concerns for anything other than drinking up the elixirs that life is offering. Leisure time and more travelling from your nest will feel good too. Let your muse find you and begin unfolding the stories in your heart. Reacquaint yourself with ancient rituals and spiritual practices.

LEO (July 23 - August 22)
If you stopped to reveal your thoughts right now would they be how you chose to live? Eliminate tired dialogues streaming through your mind. Given the choice, you know it's time to move into a higher realm of thinking. Your communications are on red alert. Be kinder to yourself.

VIRGO (August 23 - September 22)
You are falling head over heels for the joy of living. Breaking bread with people from different walks of life will further your zest and intrigue. The boost you've been waiting for arrives like a dear friend. Discoveries are everywhere no matter they seem to not look that way at first.

LIBRA (September 23 - October 22)
You seem to be on a quest for righteousness and for putting yourself in the path of serving the needs of others. A sense of emergency you may feel will subside. The glory may be short lived but the journey is just what you ordered. Take your vision and run with it.

SCORPIO (October 23 - November 21)
You fine-tune your body like a delicate instrument. Your health is high priority now that you realize you have been sidestepping any discipline. Worn out concepts and presupposed ideas have had their run. This may not be the time to stick to traditions. If possible, make it and keep it when it comes to your commitment.

SAGITTARIUS (November 22 - December 21)
High energy and full-flung romance draws near. You can't seem to lose as your energy is drawing all the right people to you. Love is in the air and your heart knows and remembers how deep your passion runs. The very charming Sagittarian now finds equality within the arts and a consort with which to fly.

CAPRICORN (December 22 - January 19)
Could be you are discovering things within you that require re-evaluation. The desire you have to live well and be abundant needs more clarity. If you only do things in half measures, then you may as well add soap to your lemonade. The time for being total in your endeavours is pending.

AQUARIUS (January 20 - February 19)
Indications show you are searching for ways to heal your heart. Your self esteem will rise like the sun if you give your feelings more reign. Music plays a large part in the rhythm of your heartbeat. You feel closer to the ideal you started out with many moons ago, giving you more tangible results.

PISCES (February 20 - March 20)
It's not so much boredom that you feel, but perhaps distaste for anything trendy. Your spirit cries out for renewal and that is the direction you will go. If anything crosses your path that feels unclear or false, you will administer a Neptunian shake down. The rose-coloured glasses won't be worn by you dear Pisces.

Ilona Hedi Granik is a clairvoyant consultant and author with 29 years of experience in astrology, multi-media art and healing, ilona23@shaw.ca

Italy: a contradiction in terms

BC THE ORGANIC WAY

by Marya Skrypiczajko

Scene 1: Fresh hand rolled pici pasta; well-dressed folks cycling to the outdoor markets to fill their baskets with spring artichokes, rapini greens and long fat fava beans; buffalo milk mozzarella so fresh it was made only hours before lunch; old olive groves and vineyards around every picturesque corner of countryside.

Scene 2: Frozen bruschetta for sale in supermarkets of monstrous proportions; one car per person zipping down the lanes of medieval villages; garbage strewn on the sides of city and country roads; piles of disposable plastic plates in the homes of excellent cooks.

Italy, motherland of local, seasonal and home-cooked food, has become a contradiction in many ways. I spent the last two summers here working as a hiking guide wandering from village to village and continually had my eyes, ears and taste buds open to any new organic food experience and have come away wowed, disappointed and confused.

In general, I found Italians to be very knowledgeable about their food and wines and noticed the small food shops that exist in every village stock mostly local and seasonal produce, yet I struggled to find organic food in the majority of regions of Italy. For example, in Tuscany, a beautiful agricultural province of central Italy, I managed to find only one small organic wine shop that also stocked some organic dried goods, a limited range of mass-produced organic foods in the large supermarkets and organic olive oils and specialty food items in pricey shops catering to foreign tourists. Only once at an outdoor market did I meet a passionate organic farmer who was selling his own organic herb mixes. Nowhere did I see fresh organic produce for sale.

Giovanni Ricci, the organic herb farmer from Castellina in Chianti spoke of the struggle of small organic farmers who are working with a minimum of impact on the land to set themselves apart from the large companies who mass produce organic products. He preferred to use the terms ecological and ethical in reference to his style of farming because he felt he had nothing in common with the huge farms producing only one type of tomato or wheat. He also explained what a challenge it is for the small farmers to find markets for their products as the big supermarket chains aren't interested in buying from them, nor are the small vegetable stores that find organic produce too expensive. For the moment, he and most other small farmers sell only through the weekly local markets.

Researching the subject, I discovered that 30 percent of all organic food sold in Europe is produced in Italy. That is two thirds of what is produced within the country. In Italy, the majority of organic food is grown in Sicily and Sardinia, but processed in the north. Northern Italy is the more industrial, wealthy and international part of the country and it is there that the large majority of Italian organic food co-ops and organic-focussed restaurants are found. The demographics of organic food shoppers here are similar to those of BC: educated folks in their 40s. It seems the younger crowd are more interested in cell phones and fashion, and the women over 50 who are phenomenal cooks and make everything from scratch are not educated on the subject of organic food.

Since 2000, it has been obligatory for school cafeterias to feature organic foods in their lunches, but the program has not been strictly overseen and has not been implemented everywhere. New legislation has recently been passed though which dictates that by 2005 all lunches served in the cafeterias must be 100 percent organic so that all children will receive one organic meal per day. If they manage to make it happen, I think it will be a very impressive standard to inspire other countries.

Nonetheless, organics is the quickest growing sector of agriculture in Italy. Organic agritourismos (B&Bs in farmhouses) are popping up all over the country. I recently read that in Sicily an estate once owned by a mob don in the town of Corleone (where *The Godfather* was filmed) has been turned into an organic olive farm and vineyard and that the villa has been renovated to become an agritourismo. They have yet to take any reservations for guests though.

So, it remains a bit of a mystery to me. The country so passionate about food and so vehemently opposed to genetic engineering (the Italian Foundation for the Environment states "GMOs are almost like nuclear risks") has yet to embrace the organic movement in a big way.

Marya Skrypiczajko is the author of BC the Organic Way - Where to Find Organic Food in British Columbia
www.bctheorganicway.com

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life, and [promote] heavily advertised foods that were full of fat and sugar. Then they wanted to put new genes into crops and animals to reduce the human obesity and diabetes that their owns foods produced.

"The corporations that brought the system to its knees then come in and get the profits," he said.
www.gmwatch.org/archive2.asp?arcid=3796

Moore hypes problem insulin

It's interesting that in his argument with Bio 2004 protesters, Patrick Moore used "genetically engineered insulin" as the one example of the supposed new medicines that are having us all "living longer than ever."

To quote Stephen Leahy, a writer specializing in technology and the environment, "20 years later and how many breakthrough products has biotech produced? Gene therapy may actually have harmed more people than it's helped. Genetically engineered (GE) crops haven't aided hard-pressed farmers, improved the quality of our food or fed the hungry. The few drugs derived from GE such as insulin simply replace existing products while creating new risks. In fact, there is evidence that in Britain alone thousands of diabetics have suffered a deterioration in their health from GM insulin.
www.btinternet.com/~clairejr/Insulin/insul_1.html www.gmwatch.org/archive2.asp?arcid=3796

Backlash curbs GM investment

An article in the *New Zealand Herald* says investment in GM food is drying up in the world's biggest GM market, the US, because consumers in the rest of the world are not willing to buy its products.

Roger Wyse of San Francisco-based Burrill and Company, the biggest investment firm focused on life sciences, said the consumer backlash against GMOs has forced a lull in projects aimed at modifying food. "We are probably looking at three, four or five years before the GMO issue subsides sufficiently that we will feel comfortable investing in it," he said.
www.gmwatch.org/archive2.asp?arcid=3799

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Marine recruiters in Flint, Michigan approaching teenagers outside a shopping mall to enlist in the military.

A secret service officer questions Michael Moore across the street from the Saudi embassy in Washington.

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her family. As the film reiterates: so much anguish and pain. For what?

At the time of writing, Miramax, *Fahrenheit 9/11's* production company, was appealing the Motion Picture Association of America's decision to give the film an R rating, which requires children under 17 to be accompanied by a parent or adult guardian. Is it justified? Certainly, there are some scenes that are hard to stomach: a blurry long shot of a public beheading, faces scarred beyond comprehension by napalm, a horrifying picture of a baby mutilated by a US bomb attack and the charred corpses of US soldiers strung up in the street. But the effect is to say, "This is war. It's ugly. Don't do it."

Another scene, reminiscent of Coppola's anti-Vietnam classic *Apocalypse Now*, shows marines talking about the adrenaline rush of going into Iraq guns blazing with the music cranked up in their field headphones while footage rolls of tanks torching Iraqi buildings. What apparently caused offence was a marine quoting the line from the heavy metal Bloodhound Gang's *The Roof Is On Fire*, "We don't need no water; let the motherfucker burn. Burn motherfucker burn."

Moore writes on his web site: "I want all teenagers to see this film. There is nothing in the film in terms of violence that we didn't see on TV every night at the dinner hour during the Vietnam War. Of course, that's the point, isn't it? The media has given the real footage from Iraq a cleansing - made it look nice, easy to digest.... I trust all of you teenagers out there will find your way into a theatre to see this movie. If the government believes it is OK to send slightly older teenagers to their deaths in Iraq, I think at the very least you should be allowed to see what they are going to draft you for in a couple of years."

It's difficult to argue that 15 or 16-year-olds are not old enough to make up their own minds on this. Whatever the result, the irony is that the more that they try to suppress this film, the more people want to see it.

Michael Moore's web site is www.michaelmoore.com

Robert Alstead writes for www.iofilm.com

Editor's note: I saw the film and strongly recommend it to you. Go see the movie.

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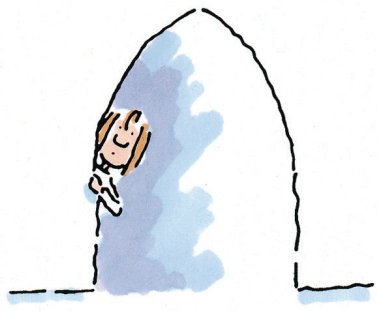

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